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Murthy's
**HEALTH AND
MEDICAL DIRECTORY
of
HYDERABAD**

First Edition

3/CDW

NOVEMBER - 2001.

Human Needs Enterprises

618, 6th Floor, CTC, Parklane, Secunderabad - 500 003.
Phones : **6320207, 6320208.**

With best compliments from :

CH. VENKATESWARLU

Managing Partner



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Murthy's **HEALTH & MEDICAL DIRECTORY**

With best compliments from :

Mynampally Hanmanth Rao

Trade Unionist (TNTUC),

**Social Activist &
State TDP Youth Leader**



ALWAL, SECUNDERABAD.

Murthy's Health & Medical Directory

HUMAN NEEDS ENTERPRISES

618, 6th Floor, Chenoy Trade Centre,
Parklane, Secunderabad-500 003

Compiled & Published by

K.S. Murthy

(H No 1-8-75, R.K Nagar, Alwal, Secunderabad-10)
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Murthy's **HEALTH & MEDICAL DIRECTORY**



With best compliments from :

*M/s Sapthagiri Agencies
SECUNDERABAD.*

One Moment...

Information is the order of the day. If it is regarding to health, It becomes more important. Informations related to doctors, Medical & Paramedical members pooled at one place is really beneficial to the public. It is well known that quality is best kind of advertisement, but at the same time even quality needs advertisement. We emphasis to provide quality oriented information to the general public and assured mileage to the advertisers.

We tried our level best to accommodate more and useful information to make it a perfect directory. We still feel that an ocean of information is yet to be covered.

We have to offer a million thanks to so many friends, well wishers, advertises and particularly **Mr. A. Venkateshwar Reddy of M/s. Quest Publishers**, Kurnool who is inspiration for coming up with this directory. Mr. Ganesh and Mr. V. Madhusudan of M/s. Akhil Printers and so many others who have worked and co-operated through out our endeavours.

This directory is an effort to give valuable information to the general public. We will be hopeful that this directory will serve the purpose. Any suggestions in this regard will be highly appreciated.

Hyderabad

November 2001

- *K.S. Murthy*.

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Srikanth**

Ambulance Services

■ **A.P. Center for Emergencies**

Exhibition Grounds,
Hyderabad -500 001
Phone 4603160

■ **Adishakti Sri Sai Ambulances**

1-4-27/72/61,
Padmashali Colony,
Kawadiguda,
Secunderabad
Phone 4535368

■ **Aravind Ambulance Services**

Opp Rajeshwar Theatre,
Market Street,
Secunderabad -3
Phone 7715708

■ **Chandra Ambulance Services**

Erramanzil Colony,
Punjagutta,
Hyderabad -500 082
Phone 3328055

■ **Pioneer Ambulance Services**

Nalanda,
Amrutha Estate,
Somajiguda,
Hyderabad - 500 082
Ph 3312145

■ **Soujanya Ambulance**

Besides CDR Hospital,
Shapurnagar,
Industrial Development Area ,
Jeedimetla,
Rangareddy District
Phone 3096327

■ **SRM Ambulance 24 Hour's**

1-9-276,
Ram Nagar Gundu,
Hyderabad - 500 044
Phone 7610019

■ **St. Johns Ambulance**

AP State Centre,
Sultan Bazar,
Hyderabad -1
Phone 4656785

■ **Shusrutha Ambulance Services**

Palika Bazar Complex,
Secunderabad-3
Phone 7704396

■ **Swarga Vahanam**

Near Imliban Central Bus Station,
Afzalgunj, Hyderabad - 500 012
Phone 4654640



*Money can buy you a lot of nice things.
But all the money in the world can not buy contentment.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Swetha Ambulance Service

Gandhi Nagar,
Hyderabad-500 020
Phone 7613249

Ayurvedic Medicines

■ A .A. C. Co. Medical Products

15-2-3-8
S Niketan,
Kishangunj,
Hyderabad-500 012,
Phone 4601585

■ Advya Herbal Products

1-2-27,
Gaganmahal Road,
Hyderabad-500 029
Ph 7645237

■ Andhra Ayurveda Bhandar

22-6-71,
Gulzar House,
Charkaman,
Hyderabad - 500 002,
Phone 4565206

■ Aswini Group

H.P Road,
Moosapet,
Hyderabad-500 018,
Ph 3703607

■ Aswini Homeo & Ayurvedic Products

5-283/1,
Vajra House,
Moosapet,
Hyderabad -500 018
Ph 3703430

■ Ayurveddeeya Arkhashala Ltd.

Satara,
Shop 27,
PPS Complex,
Kachiguda,
Hyderabad Phone 7565391

■ Badar Unani Stores

14, City Towers,
Malakpet,
Hyderabad-500 036
Phone 4554363

■ Baidyanath (Ayurvedic Bhavan)

6-3-788/A/5,
Armeerper,
Hyderabad -500 016,
Phone 3410225

■ Chatwal Pharmaceuticals

3-6-291/5-6,
Hyderguda,
Hyderabad - 29
Phone 3224273



True happiness is found in giving.



Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

Police	100	COOKING AS	
Fire	101	Emergency Cell	
Ambulance	102	Hyderabad	4576261
Child Line Facility	1098	Secunderabad	7801123
A P State Aids Control Society			
Helpline	1097/4608602/4608603	EYE BANKS	
Ask Me (for city tel No's)	4444444	Chiranjeevi Eye Bank	3359066
www.justdial.com		Eye Bank Assn of India	3545454
		LV Prasad Eye Institute	3608262
		Ramayamma International	3548266
		Sarojini Devi Eye Bank	3317274
AIRLINES			
Indian Airlines			
Booking Office	3299333		
Recorded flight information	142	FUSE-OFF CALL OFFICES	
General flight information	140	Electricity Central Complaints	1912
Reservations	141	AC Guards/Masab tank	
Tele check in	7906555	Indrapark/Ashoknagar	3310691
Air India	3241383 / 3233119 / 3232747	Ameerpet/Yellareddy guda	3742589
Jet Airways	3401222 / 7900118	Azamabad/Musheerabad	7664283
		Balanagar	3771258
		Banjarahills	3356862
AMBULANCE			
Apollo Emergency	3548888	Begumpet/Greenlands	3403967
A P Centre for Emergency	4603160	Bollarum	7862116
Devi	3816903	Bownpally	7750912
Om Sai	3703348	Chenchalguda	4527024
Pioneer	3312145	Chandul baradar	4460286
St John's Ambulance	4656785	Charminar	4521106
		Faluknama	4440411
		Gachibowli	3010362
BLOOD BANKS			
Bhanji Khera Blood Bank	4745243	Gandhinagar	3078334
Blood Bank Narayanguda	7567892	Gunfoundry/Himayatnagar	3235305
Chiranjeevi Blood Bank	3353114	Gymkhana/Secunderabad	780342
Nagarjuna Blood Bank }	7700733	James Street/Gen Bazar	7844336
Red Hills	3390956	Kachiguda	4657231
Gandhi Hospital	7702222	Kawadiguda	7616140
Govind Shanti Birajkher	7811253	Maredpally	7804137
For dooners details log into www.boodserve.com		Mehdipatnam	3514020
		Musheerabad	7664283
		Mouali	7120765
		Narayanguda	7638389
BUS SERVICES			
Imliban Bus stn./Enquiries &	4618685	Santoshnagar	4530479
Reservations	4614406	Sanatnagar/Erragadda	3704249
Alighting Point	4601919	Saroornagar	4045522
Jubilee Bus stn		Taranaka	7001633
Enquiries & Reservations	7802203	Tolichowki	3560640
Dilsukhnagar Bus stn.		Yellareddy guda	3742589
Enquiries & Reservation	4040023	HOSPITALS	
Koti Bus stn Enquiries	4657651	Govt Hospitals	
		ESI, Erragadda	
			3700531

Murthy's HEALTH & MEDICAL DIRECTORY

IMPORTANT SERVICES

ENT, Koti	4740245	A P Polution Control	3748003
Gandhi Hospital, Sec-bad	7702222		
Govt Maternity Hospital, Koti	4653647	OXYGEN	
Kingkoti Hospital	4756085	Asiatic Industrial Gase	3085712
Mental Hospital, Erragadda	3813231/3814441	Production Needs Engineers	3095134
Maternity Hospital, Sec-bad	7792580		
MNJ Cancer Hospital	3318422	POST / TELEGRAPH	
NIMS/Panjagutta	3320332/6626922	GPO	4745978
Railway Hospital Sec-bad	7001134	CTO, Hyderabad	4609929
SD Eye Hospital, Mehdipatnam	3317274	CTO, Secunderabad	7841345
State TB Centre, Erragadda	3811797	HPO, Secunderabad	7842614
		Speed Post Buss Centre	4617013
PRIVATE HOSPITALS			
Andhra Mahila Sabha	7617801	24 HRS. PHARMACIES	
Apollo Hospitals, Jublieehills	3607777	Apollo Pharmacy	3231380
Care Hospital	4735464/65/6517777	Health Pharmacy	3210618
Care Hospital, Banjarahills	6668888	Jubilee Hills	3607777
CDR Hospital, Himayatnagar	3221221	Masabtank	3319825
Chandramati Hospital	3814628/3707060	Mehidipatnam	3516107
Fernandez Maternity Hospital	4756997	Newcity Hospital Pharmacy	7805960
Heritage Medical Centre, Ameerpet	3730202	Quli Qutub Sha Medical & Gen Stores	
Heritage Medical Centre, Somajiguda	3379201	Osmania Hospitals	4606522
Kamineni Hospital	4022272-76		
LV Prasad Eye Institute	3548267	RAILWAY ENQUIRIES	1331/131
Matrika Hospital	3404038/3419301	South Central Railway	
Mahavir Hospital	3393134	Centralised General Enquiry, Hyd/Sec-bad	
Mediciti, Adarshnagar	3237644	& Kachiguda, Reservation/Cancellation rules/	
Medwin, Nampally	3202902	availability/fairs/onward/return/confirmations,	
Medinova	3311122/3311133	Huda Complex	1345
Nature Cure, Balkampet	3731786	Ameerpet	135
Princess Esra, Puranihaveli	4524416	Interactive Voice Responsive for Enquiries	1345
Sagarfai Memorial Hospital	7616456		
St Therasas , Erragadda	3701013	TELECOM SERVICES	
Vijay Mari	3307350/3315055	Directory Enquiry	197
		Inland Trunk Call Booking	180
		Trunk Assistance & Cancellation	181
VETARNARY HOSPITALS			
Blue Cross of Hyderabad	3544355	International Booking	186
Himayatnagar	3222736	Cancellation & Enquiry	187
Shantinagar	3319656		
MUNICIPAL SERVICES			
Enquiries & Complaints		CHANGED NUMBER INFORMATION	
Circle - I / Circle-II		Hindi/English/Telugu	1951/1952/1953
Circle - III (GPO)		Phonogram Booking	185
Circle - IV (Red Hills)	4525709/4525842	Police Control Room	3232222
MCH Tankbund	4736912	Dial a Crime/Stopper	1090
Sewerage Complaint Cell	3314778	Police Exchange	3230191
Dog Menace	3225397	Trafic Police	3234065
	3393113		
	4617017		

Murthy's HEALTH & MEDICAL DIRECTORY

Index

Ambulance Services	1
Ayurvedic Medicines	2
Beauty Saloons/ Schools &	6
Beautitions	
Blood Banks	12
Chemists & Druggists	13
Dairy Products	26
Dental Equpt & Supplies	30
Diagnostic Centres	31
Dietitians	32
Doctors – Acupuncture,	
Accupressure, Magnetic Therapy :	32
Doctors – Aesthetic Medicine	33
Doctors - Allergy	33
Doctors – Anaestheologists	33
Doctors – Anaesthetists	33
Doctors – Andrology	34
Doctors – Association	34
Doctors – Asthma	34
Doctors – Ayurvedic	34
Doctors - Cardialogist	37
Doctors - Chest Specialist	40
Doctors - Consulting Physicians	41
Doctors - Cosmetic Surgeons	42
Doctors – Counsellors	42
Doctors - Dentists	42
Doctors - Diabetologists	61
Doctors - E.N.T	61
Doctors Emergency	64
Doctors - Eye	64
Doctors - Eye	66
Doctors – Ear, Nose and Throat (ENT)	67
Doctors - Gastro Enterologist	69
Doctors - General Practitioners	71
Doctors – Geneticists :	74
Doctors - Gynocologist & Obtetricians	74

Murthy's HEALTH & MEDICAL DIRECTORY

Doctors – Gynaecologists & Obstetricians :	77
Doctors - Homepaths	79
Doctors – Infertility & Reproductive Health	85
Doctors - Naturopaths	85
See Doctors - Neuro - Surgeons / Neurologists	86
Doctors – Nutritionist	87
Doctors - Oncology	88
Doctors - Cardiothoracic and Vascular Surgeon	88
Doctors – Chest Specialists	88
Doctors - Orthodontists	89
Doctors - Orthopedic	91
Doctors - Paediatrician	94
Doctors Paediatricians (Child)	96
Doctors –Pediatric Surgeons	97
Doctors – Paediatricians (Child) (Sunday Open)	98
Doctors – Physiotherapists (Muscle)	98
Doctors - Plastic Surgeons	99
Doctors - Psychiatrists / Psychologists	100
Doctors – Psychiatrists & Psychotherapists :	102
Doctors – Rehabilitation Medicine	103
Doctors – Skin and V D (Dermatologists)	103
Doctors - Sexologists / Venerologists	104
Doctors - Skin (Dermatology)	105
Doctors – Speech Therapist	106
Doctors - Specialists - Surgeons	106
Doctors - Surgeons	107
Doctors – Ultrasonologists	111
Doctors – Urologists	111
Health club / Equipments Supplies	112
Health Clubs / Fitness Centres	113
HEARING AIDS	114
Nursing Homes	115
Oxygen - Medical Industrial	118
Pharmaceutical Manufacturers	120
Voluntary Organisations & Other Services	130

Murthy's HEALTH & MEDICAL DIRECTORY

■ Chintalaru (ayurveda Medicines)

2-1-392/1/2/87,
Nallakunta,
Hyderabad-500 044,
Phone 7667393

■ Green Valley

3-4-531/4A,
Behind YMCA,
Narayanguda,
Hyderabad
Phone 7618188

■ Dayanad Medical and General Stores

3-2-25,
Nimboli Adda,
Hyderabad - 500 027,
Phone 4653456

■ Herbal Life

42-A, Vasav Nagar,
Karkhana,
Secunderabad-15,
Phone 7744386

■ Enal Drugs P Ltd.

Shapurnagar,
Industrial Development Area,
Jeedimeta,
Ranga Reddy District,
Phone 3711419

■ Herbal Body Care Ltd.

16-11-207/H/1,
Malakpet,
Hyderabad-500 036,
Phone 3227812

■ Epic Herbal Products

10-2-5/8,
AC Guards,
Hyderabad-500 028,
Phone 3391567

■ Hindustan Herbs House

B-7, Amrutha Arcade,
Opp Venkatramana Theatre,
Hyderabad
Phone 4657103

■ Friends Medical Hall

3-4-43/3,
Kachiguda Station Road,
Hyderabad- 500 027,
Phone 4651472

■ Hyderabad Ayurved Bhandar

3-3-53/1,
Station Road,
Kachiguda,
Hyderabad,
Phone 4652940



*Always put worry in its right place,
out of your life.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Hyderabad Medical Store

10-3-14/D,
Humayunnagar,
Hyderabad-28,
Phone 3533901

■ Kesaramal Ratanlal Sharada & Co

Moti Market,
Kachiguda,
Hyderabad-500 027,
Phone 4651047

■ Impcops Sales Depot

Veersavarkar Road,
Kachiguda,
Hyderabad-27,
Phone 7568375

■ Kottakal Arya Vidyasala Agency,

Vanijya Complex,
Dharma Reddy Colony,
Hyderabad -500 072
Ph 3050808

■ Jain Ayurvedic Pharmacy

15-9-422,
Siddiamber Bazar,
Hyderabad-500 012,
Phone 4610612

■ Master Herbs Pvt. Ltd

404,
UGBS Gardens,
Navodaya Colony,
Mehedipatnam,
Hyderabad-500 028,
Phone 3518647

■ Kerala Ayurveda Pharmacy Ltd.

1-8/63,
Kamalanagar,
ECIL,
Hyderabad-62,
Phone 7120491

■ Matrushri Ayurveda Pharmacy

1-1-770/4,
Ghandinagar,
Hyderabad-500 380,
Phone 7611057

■ Kerala Ayurvedic Sanjeevani

Plot No 74,
Sangeethnagar Colony,
Somajiguda,
Hyderabad
Phone 3318401

■ Natural Health Products Ltd.

164,
Phase-V,
Jeedimetla,
Hyderabad-500 055,
Phone 3095680



*The secret to success is never
to give up.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ P. Kishanlal Dawasaz

21-2-156,
Gulzar House,
Hyderabad -500 002,
Phone 4577705

■ Pamul Industries

5-5-41,
Gosha Mahal,
Hyderabad-500 012,
Phone 4602031

■ Rajender Agencies

4-4-13,
Near Dilshad Plaza,
Sultan Bazar,
Hyderabad,
Phone 4751760

■ Raksha Ayurvedic Center

Opp State Home,
YellaReddyguda,
Amirpet,
Hyderabad - 500 016
Phone 3742146

■ Rasheed and Co.

Jigar Road,
Troop Bazar Corner
Hyderabad-500 001,
Phone 4610282

■ Sagar Valley Herbals Enterprises,

3-5-1085/1,
1st Floor,
Narayanguda,
Hyderabad-500 029,
Phone 3227943

■ Sandhu Brothers Pvt. Ltd.

3-3-73/6,
Kutbi Guda,
Kachiguda,
Hyderabad-500 027,
Phone 4652597

■ Satya Agencies

C-477,
NGO's Colony,
Vanasthalipuram,
Hyderabad-500 070,
Phone 4023159

■ Savita Traders

6-1-630/5,
Khairtabad Market Road,
Hyderabad-500 004,
Phone 3235960

■ Sree Lakshmi Trading Corporation

78, Opp Jeera Club,
Jeera,
Secunderabad-500 003
PPhone 7535376



*If you want to have friends,
be a friend.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Sri Bhagyan Ayurvedic & General Stores
16-11-310/14/5/1/A & B,
Malakpet,
Hyderabad-500 036,
Phone 4548237

■ Vijaya Lakshmi Ayurvedic Medicals
3-3-48/1,
Kachiguda,
Hyderabad-27,
Phone 4657594

■ Sri Swamy Samrat Ayurved Bhandar
3-3-837,
Kutbighuda,
Kachiguda,
Hyderabad-500 027,
Phone 4657386

■ Vyagra Sales International
223,
Chandralok Complex,
Sarojini Devi Road,
Secunderabad-500 003,
Ph 7897413

■ Sunny Neem Extracts Pvt. Ltd.
Plot 3,
Dwarakapuri Colony,
Panjagutta,
Hyderabad-500 082,
Phone 3320718

■ Yaseen Unani Medical Stores
21-2-374,
Lad Bazar,
Hyderabad-500 002,
Phone 4561689

■ The Herbal Way
105, Aditya Enclave,
Everest Block,
Ameerpet,
Hyderabad- 500 016,
Phone 6505675

Beauty Saloons/ Schools & Beauticians

■ Venkateshwara Ayurveda Nilayam
17-3-157,
Ghasmandi Road,
Secunderabad - 500 003
Phone 7805954

■ AFFU'S Hair weaving & Beauty Clinic
12-13-1253,
Street No 7,
Tarnaka,
Secunderabad.
Phone 7016422



*Kindness and courtesy can make an average person superior.
Indifference and lack of Concern can make
a superior person an average.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Anitha Beauty Parlour

Swetha Complex,
Vidyanagar,
Hyderabad-500 044
Phone 7614415

■ Beuti Clinic Om's

216-2-753/54,
Revenue Board Colony,
Dilsukhnagar,
Hyderabad
Phone 4068434

■ Anoo's Electrolysis & Obesity Clinic

Navketan Complex,
Opp Clock Tower,
Secunderabad-500 003
Phone 7808234

■ Begum's Beauty Care

Chiragali Lane,
Abids,
Hyderabad-500 001
Phone 3203314

■ Anoo's Figurine

12,
UBI Colony,
Road No 3,
Banjara hills,
Hyderabad - 500 034
Phone 3600301

■ Berkowits

301,
Maheshwari Towers,
Road No 1,
Banjara hills,
Hyderabad
Ph 3301503

■ Beau'Tip Herbal Beauty Parlour

202,
Impearial Apartments,
Besides State Bank of India
Greenlands,
Hyderabad - 500 016
Phone 3323308

■ Bombay Beauty Parlour

3-65,
Shobana Complex,
Balanagar,
Hyderabad-500 037,
Phone 3771216



*Friendship is the most priceless gift
that can be given.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Charms Beauty Parlour

109,
YMCA Complex,
Sardar Patel Road,
Secunderabad - 500 003
Phone 7805453

■ Chic Beauty Parlour

25,
Amruthamall,
Somajiguda,
Hyderabad-500 0082
Phone 3312239

■ Chinese Beauty Parlour

Street No-10,
Himayathnagar,
Hyderabad-500 029
Phone 645236

■ Classic Mahendi Parlour

10-3-5,
Fakar Manzil,
Mehdipatnam,
Hyderabad-500 028
Phone 3511942

■ Dahlia's Beauty Parlour

G2, Surabhi Lotus,
Near Green House,
Ameerpet,
Hyderabad - 500 016
Phone 3752840

■ Ellora Herbal Beauty Parlour

Santhi Soudha Apartments
Erramanizil Colony,
Hyderabad-500 082
Phone 3302952

■ Esthetique

Plot No 15,
Road No 5,
Jubilee Hills,
Hyderabad - 500 033
Phone . 3546851

■ Evas

Road NO 3,
Banjarahills,
Hyderabad-500 034
Phone 3546332

■ Femina Beauty Parlour

Plot No 41,
Sidharthanagar,
Vengalrao Nagar
Hyderabad-38
Phone . 3810384

■ Fery's Hair & Beauty Saloon

Shop 9,
AmruthaMall,
Somajiguda,
Hyderabad-500 082
Phone . 3301463



*Strive to learn something
new everyday.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Glamour World

6-3-1086/A,
Raj Bhavan Road,
Somajiguda,
Hyderabad- 500 082
Phone 3310465

■ Hi-tech Cure

Ground Floor,
Hardy complex,
M G Road,
Secunderabad -500 003
Phone 6211797

■ Jasmine Beauty Clinic

Sn DattaSai Apartments,
Beside Yasoda Hospital,
Hyderabad-500 082
Ph 3303314

■ La Femme Beauty Clinic

MEZ-3,
Siddamsetty Complex,
Opp Chenoy Trade Centre,
Parklane,
Secunderabad-3 Phone 7846046

■ Manjula's Health & Therpeutic Clinic

10-3-771/3,
Vijaya Nagar Colony,
Hyderabad-500 057
Phone 3345659

■ Mayuri Beauty Parlour

4-5-768,
Badi Chowdi,
Hyderabad-500 027
Phone 4657845

■ Metro Hair Dresses

Main Road,
Santi Nagar,
Hyderabad-500 018
Phone 3775669

■ Miracle

5-9-88,
Inside Hotel Basera,
Sarojini Devi Road
Secunderabad - 500 003
Phone 3233103

■ Mohan Beauty World

Flat No 148,
Road No 10,
Banjarahills,
Hyderabad-500 034
Phone 3608549

■ Monalisa

29,
Sanalı Heaven Apartments,
Ameerpet,
Hyderabad- 500 016
Phone 3747992



*The key to good health is to eat right, sleep right,
exercise right and treat others right.*



Murthy's HEALTH & MEDICAL DIRECTORY

■ Natures Way

79/B,
Sanjeevareddy Nagar,
Hyderabad - 500 038
Phone 3705365

■ Raksha Ayurvedic Centre

Opp State Home,
Yellareddyguda,
Hyderabad-500 073
Phone 3742146

■ New Alexander Men's Saloon

Opp Chermas, Abids,
Hyderabad - 500 001
Phone 3201729

■ Ravishing Bodies

101,
Multinaik Plaza,
Abids,
Hyderabad Phone 4752720

■ Paras Herbal Beauty Clinic

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Darga Road,
New Mallepally,
Hyderabad-500 001
Phone 3347597

■ Rupali Beauty Parlour for Ladies
5-3-844/7,
Near MJ Road,
Hyderabad-500 195
Ph 4611644

■ Prabha's Herbal Beauty Clinic

262/3RT,
Sanjeeva Reddy Nagar,
Hyderabad-500 038
Phone 6509535

■ Sabika Beauty Clinic

17/2RT
Prakashnagar,
Begumpet,
Hyderabad-500 016
Phone 7768870

■ Queen's

Trinetra Super Market Complex,
Dilsukhnagar,
Hyderabad
Ph 4051945

■ Sanyo Hair Dressers
1-2-261 & 257,
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Phone 7846407

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Phone 7801606

■ Shamas

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Ramnagar,
Hyderabad-44
Phone 7617830

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203,
Imperial Mansion,
Greenpark,
Begumpet,
Hyderabad - 16
Phone 3324624

■ Shingar Beauty Parlour

Adj to Airport
Begumpet Main Road,
Hyderabad -500 016,
Phone 7844450

■ Shivanj Herbal Beauty Parlour

3, Pentoji Enclave,
Old MLA Qtrs Road,
Himayatnagar,
Hyderabad -29
Ph 3227624

■ Shubha's Herbal Beauty Clinic/Int.

7-1-63/2,
Dharamkaran Road,
Ameerpet,
Hyderabad -16
Phone 3735461

■ Sindhu's Body Care Clinic for Beauty

201 & 2,
Above Global Trust bank,
Vidya Nagar X Roads,
Hyderabad - 500 044
Phone 7605326

■ Soft Touch Beauty Parlour

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**Tel : 040 - 3237644, to
646 ext : 651
Res : 6504939
Fax : 040-3231631,
Email :
mediciti@hd1.vsnl.net.in
[http://
www.sharemediciti.org](http://www.sharemediciti.org)**

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Phone . 3324286

■ The Naturals

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Secretariat Road,
Hyderabad - 500 004
Phone 3230894

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Abids,
Hyderabad -500 001.
Ph . 3231341

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"Srinivas Towers",
Begumpet
Hyderabad - 500 016.
Phone . 3312357

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Chirag Ali Lane,
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Phone . 3201437

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Phone 7642654

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Phone 3522262

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Phone : 3205020

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Phone : 7039490

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Phone : 7501875

■ Anupama Medical & Gen. Stores

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*Give to those in need. One day you may benefit from the
kindness of someone who does the same to you.*



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Hyderabad - 500 044
Phone 7635036

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Sarojini Devi Road,
Secunderabad - 500 003.
Phone : 7844209

■ Aruna Medical Stores

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Hyderabad -500 013
Phone 7033068

■ Aruna Medical and Genral Stores

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Hyderabad - 500 008
Phone . 3513757

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Hyderabad - 500 001
Phone : 3394558

■ Ashok Medical Hall

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Chikadpally,
Hyderabad -20
Phone : 7667950

■ Aswin Medical Hall

4-2-696/5,
Ramkoti,
Hyderabad-500 001
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Phone . 3814621



Happyneess is a taste of mind.



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Nalgonda X Rds
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Phone 4554363

■ Baidyanath

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Ameerpet,
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Phone . 3410225

■ Bajrang Medical Hall

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Hyderabad - 500 001,
Phone 4732696

■ Balaji Medicals

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Secunderabad.
Phone . 7503336

■ Bhagyalakshmi Medicals

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Hyderabad -500 021
Phone 4754326

■ Bhagawati Medical Stores

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New Malakpet,
Hyderabad.
Phone 4552146

■ Bhandar Medical

Lady Hydari Club,
Bhasheerbag,
Hyderabad -500 029
Phone : 3233263

■ Bharat Medical Point

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Hyderabad-500 024
Phone 4419045

■ Bhatia's Medical Stores

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Phone . 7564942



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Phone 4609220

■ Carwell Medical and Gen. Stores

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Ph 4736649

■ Chaudary Medical Hall

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Phone 7640046

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Malakpet,
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Ph 4554092

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Hyderabad-500 004,
Phone : 3300737

■ Devi Medicals

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Hyderabad,
Ph 7663853

■ Devi Medicals

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Eye Hospital,
Domalguda,
Hyderabad.
Ph 3220431

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Hyderabad
Phone : 7123139

■ Dhanvantari Medical and Gen Stores

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Phone 7620244

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Hyderabad-500 004,
Phone 3233791

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Phone 3516276

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Phone 7661422

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Phone . 4740218

■ Geeta Medical and General Stores

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Hyderabad-500 044
Phone . 7606322

■ Gokul Medical and General Stores

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■ Gokul Medical Stores

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Phone . 3307337



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Secunderabad - 500 003
Phone 7813227

■ Govind Medical Hall

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Amberpet,
Hyderabad
Ph 7038216

■ Gulab Medical Hall

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Tharakarama
Theatre, Ram Koti,
Hyderabad
Phone 4755183

■ Health Care

No-10-5-8/9/3,
Masab Tank,
Hyderabad.
Phone 3391832

■ Health Care India Ltd

12-2-325/3,
Mehidipatnam,
Hyderabad.
Phone 3516107

■ Hemavathi Medcial Hall

Tulsai Nagar,
Amberpet,
Hyderabad,
Phone 4614901

■ Hind Medical Hall

15-2-119,
Gowliguda Chaman,
Hyderabad,
Phone 4600003

■ Huwashti Medical Stores

11-5-396/2,
Red Hills,
Hyderabad,
Phone 3327645

■ Hyderabad Medical Stores

10-3-14/3/D,
Humayunnagar,
Hyderabad -500 028.
Phone . 3533901



*Loving someone is caring, Sharing, bearing,
working, changing together.*



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Phone . 4757453

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Phone : 3540837

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Sultan Bazar,
Hyderabad-500 001
Phone 4651530

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Phone . 7842081

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Hyderabad-500 012
Phone 4600888

■ Kapila Medicals

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Jawahar Nagar,
Hyderabad-500 020
Ph 7635176

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Hyderabad-500 020.
Ph . 7634386

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Hyderabad,
Phone 4531426

■ Keerthi Medical Hall

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Hyderabad - 44.
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Humayunnagr,

Mehidipatnam,

Hyderabad

Ph. 3308390

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Hyderabad

Phone 3223055

■ Krishna Medical Hall

+030174/1,

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Sultan Bazar,

Hyderabad

Phone 4753571

■ Kumar Medical and Gen. Stores

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B Reddyguda,

West Maredpally,

Secunderabad Phone 7805527

■ L Chiman Lal and Co.

Gowliguda,

Hyderabad.

Ph 4601477

■ Lalitha Medical Hall

Dilsukhnagar,

Hyderabad

Ph.4069115

■ Lakshmi Medical Hall

833/A,

Dilsukhangar,

Hyderabd

Phone 4067555

■ Lakshmi Ganapath Medical Hall

4-119/L/1,

Opp Hyderabad PublicSchool,

Ramanthapur,

Hyderabad

Phone 7032567

■ Lakshmi Medcal Hall

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Hyderabad.

Phone 7038161



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Phone 7150679

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Hyderabad
Phone 3512681

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Hyderabad-500 013
Phone . 7039982

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Phone 4650229

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Hyderabad- 500 008.
Phone. 3561495

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Chintalbasti,
Hyderabad-500 004
Phone . 3325106

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Phone 4616444

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Have a good laugh at yourself from time to time. It will do you good.



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Baseerbagh,
Hyderabad
Phone 3297111

■ Navin Medical & Pet Needs

3-6-28D/A/2,
HimayathNagar
Hyderabad
Phone 3224818

■ Murali Medical & Gen. Stores

12-1-670,
Shantinagar
Northlalaguda,
Secunderabad -500 017
Ph 7002361

■ Navin Medical Hall

7-1-138,
Ameerpet,
Hyderabad-500 016
Phone . 3730236

■ Nagar Medical Hall

4-5-472,
Sultan Bazar.
Hyderabad-500 095
Phone : 4741647

■ Neosparu Pharma Pvt. Ltd

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IDA Jeedimetla,
Ranga Reddy District,
Phone 3094126

■ National Medical Stores

2-286/9,
Langur House,
Hyderabad-500 008
Phone : 3514657

■ New Green Stores

Public Garden Road,
Nampally,
Hyderabad-500 001.
Phone : 3202284



If your heart is breaking, give it to god to mend.



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■ New Rahul Medical Hall

3-110/1,
Bapuji Nagar,
Yapral,
Secunderabad-500 003
Phone 7860310

■ Nutan Medical Hall

3-6-664/7,
Street No 10,
Himayathnagar,
Hyderabad.
Ph 7631301

■ New SS Medical Hall

Beside Mumtaj Hotel,
Warasiguda,
Secunderabad-500 0361
Phone 7641088

■ Omega Medical & Gen. Stores

9-2-286/A/1,
Lunger House,
Hyderabad-500 008
Ph :3517316

■ Nikil Medical Hall

9-3-288/1,
Station Road,
Secunderabad-500 003
Ph 6211783

■ Onkar Medicals

12-10-93/B,
Seetafalmandi,
Secunderabad-500 061
Phone 7616308

■ Nilofer Medical Hall

11-5-381/3,
Red Hills,
Hyderabad-500 004.
Ph 3326479

■ Panchvati Pharmacy

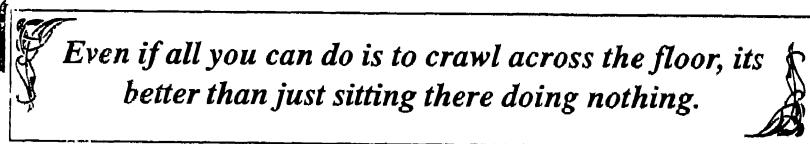
2-2-1118/1/8/B,
Nallakunta,
Hyderabad-500 044
Phone 7565366

■ Nitish Medical & Gen. Stores

Ameerpet
Hyderabad-500 016
Ph 3757133

■ Parameshwari Medical & Gen. Stores

2-2-94,
Amberpet,
Hyderabad-500 013.
Phone 7038483



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Ashok Nagar X Road,
Hyderabad-500 020
Phone 7651012

■ Pooja Medical & Gen. Stores

12-2-823/A/4/B/1,
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Mehidipatnam, Hyderabad.
Ph 3510954

■ Poonam Medical & Gen. Stores

Gandhi Nagar,
Hyderabad-500 020
Ph .7600495

■ Prakash Medical Hall

4-6-462,
Esmia Bazar,
Hyderabad-500 027
Phone . 4656346

■ Prakash Medical & Gen. Stores

32-15/10,
Shapur Nagar,
Hyderabad Phone : 3096345

■ Praveen Medical Hall

8-1-400,
Rastrapati Road
Secunderabad.
Phone 7701774

■ Preeti Medicals

3-5-167/A/2,
Opp Shanthi Theatre,
Narayanguda,
Hyderabad
Phone 4573404

■ Pramila Pharmacy

Salarjung Colony,
Tolichowki,
Hyderabad.
Phone 3515996

■ Ravindra Medical Shop

4-5-307,
Sultan Bazar,
Hyderabad.
Phone 4757598

■ Raghava Medical & Gen. Stores

10-3-281/1/C,
Humayunnagar,
Hyderabad - 500 028
Phone 3535706

■ Rajender Medical Hall

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Hyderabad
Phone . 4651588



*There is nothing in the world that love
cant conquer.*



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Mehidipatnam,
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Ameerpet,
Hyderabad - 500 016
Phone 3730089

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HB Colony,
NFC Road,
Moula Ali,
Hyderabad.
Ph 7052415

■ Rajesh Medicals

8-3-231/C/40,
Sri Krishnanagar,
Yousufguda,
Hyderabad Phone 3540905

■ Rajasri Medical & Gen. Stores

9-4-8-294/G-2,
Regimental Bazar,
Secunderabad Phone 7706397

■ Rakesh Medical & Gen. Stores

10-4-41/A/10,
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Humayunnagar,
Hyderabad Phone 3322159

■ Rakesh Medical Hall

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Esamia Bazar,
Hyderabad - 500 027
Phone : 4656297

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Indrapuri Railway Colony
West Maredpally,
Secunderabad-2
Phone 7703564

■ Amruth Milk Products Ltd.

P-6-8-30,
Auto Nagar
Hyderabad-35
Phone 4020377

■ Amul Icecreams

5-8-24/68,
Hill Fort Area,
Adarsh Nagar,
Hyderabad-63
Phone 3236378



*Troubles, like a washing machine, twist us and
knock us around. But in the end
we come out bright and better than before.*



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Hyderabad-94.
Phone 7114607

■ Creamline Dairy Products Ltd.

1-11-252/11/1,
Motilalnagar,
Begumpet,
Hyderabad-16
Ph 7768271

■ Dairy Den

33,
Opp. Global Trust Bank,
S D Road
Secunderabad-3
Phone 7714830

■ Happy Food Products

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Ferozguda,
Hyderabad-011 Phone 3771845

■ Hemant Dairy Products & Ice Cream Parlour

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Esamia Bazar,
Hyderabad-27
Ph 4612777

■ Heritage

6-3-541/C,
Punjagutta,
Hyderabad-82
Phone 3391221

■ Heritage Foods

16-11-741/B1,
Above Laxmi Motors,
Hyderabad-36
Phone 4041456

■ Indo Swiss Project

Vrib Premises.
Shanti Nagar.
Hyderabad-28
Phone 3320386

■ Jyothi Dairy Pvt. Ltd.

Suraram Industrial Area,
Suraram,
Hyderabad-055.
Phone 3091313



*Smile! God loves you! keep smiling
and others will too.*



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Harmínagar,
Hyderabad-2
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■ Milk Line Dairy Products Pvt. Ltd.

10,
Raghavendra Apartments
Malakpet, Hyderabad-36 Ph 4066480

■ Mather Dairy

Municipal Park,
Bouda Nagar
Waraśiguda,
Secunderabad-61
Phone 7820180

■ Mysore Ghee Stores

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Badichowdi,
Hyderabad-195
Phone 4653397

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Uppal,
Hyderabad-39
Phone 7153098

■ Om Sri Sai Dairy Parlour

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Main Road,
Uppal,
Hyderabad-39.
Phone 7159003

■ Panchrathan

Kachiguda Station Road.
Kachiguda,
Hyderabad-27.
Ph. 4656894

■ Panchrathan Dairy Udyog

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Opp Autofin Ltd ,
Prenderghast Road,
Secunderabad-3
Phone 7846940

■ Perati Milk Foods

Perati Shopping Complex,
Kukatpally,
'X' Roads,
Hyderabad-18.
Ph 3714015

■ Pragathi Traders

228,
Sri Krupa Market,
Malakpet,
Hyderabad-36 Phone 4548297



Being polite costs nothing, but it is priceless.



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Phone 4611362

■ S.A.H.Associates

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SRK Nagar Colony,
Golconda 'X' Roads,
Hyderabad
Phone 7660994

■ Ravileela Dairy Products Ltd.

6-3-906/A/2,
Ravileela House,
Somajiguda,
Hyderabad-82
Phone 3314150

■ Shabana Milk House

5-7-527,
Nampally,
Hyderabad-1
Phone 3214551

■ Rhit Diary Parlour

10-3-281/1/F,
Humayun Nagar,
Hyderabad-28.
Phone 3538186

■ Shah Motilal Suresh Kumar

15-8320,
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Begum Bazar
Hyderabad
Ph. 4607570

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Vigar Nagar.
Opp Airport,
Hyderabd-28
Phone 7766578

■ Shree Agarwals

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King Koti,
Hyderabd.
Ph 3240852

■ Gopi Krishna Agencies

8-1-375,
Shivaji Nagar,
Secunderabad-3.
Phone 7701937

■ Sri Chaitanya

7-1-451/15/2,
Reddy Complex,
Ameerpet,
Hyderabad-16 Ph. 3738018

*Life is an Ice Cream. Enjoy it
before it melts.*

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Hyderabad-70
Phone 3317349

■ Sri Gayathri Dairy Products

2-40,
Shilpa Towers
Chairnyapuri,
Hyderabad-60
Phone 4046568

■ Sri Sai Dairy Parlour

3-4-873/1/A,
Barkatpura,
Hyderabad-37
Phone 7560679

■ Sri Supriya Dairy Parlour

Plot No.219,
Old Post Office Road
Shapur Nagar,
Hyderabad-55
Phone 3092238

■ T.R.Srinivas

101,
SMR Vinay Vihar,
Street No 11,
Tarnaka,
Secunderabad-17 Phone 7018242

■ Vijetha Dairy Products

2, Dhanalaxmi Colony,
Bowenpally,
Secunderabad- 11.
Phone 7751607

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Tilak Road
Hyderabad - 500 002
Phone . 4751343

■ Dental Arts Lab

1-1-261/12,
First Floor,
Chikkadpally,
Hyderabad - 500 020.

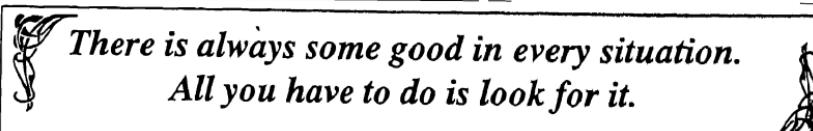
Phone : 7619894

■ Everest Agencies Dental Goods

4-2-614/A,
Ramkote,
Hyderabad - 500 001
Phone : 4751932

■ Hyderabad Dental Depot.

4-1-463/C, First floor, 6,
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Troop Bazar.
Hyderabad -100 012. Ph : 4610316



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Hyderabad-500 035
Phone 4046677

■ Nobel Dentistry Medical & Surgicals

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Jubilee hills,
Hyderabad-500 033.
Phone 3546806

■ Ramnagar Poly Clinic

Ramnagar 'X' Roads
Hyderabad - 500 044
Phone 7617843

■ Sona Diagnostic & Vijaya Scan Centre

Main Road,
Shobana Theatre,
Balanagar,
Hyderabad-500 037
Ph 3771070

Diagnostic Centres

■ Avinash Diagnostic Centre

2-2-1132/10/A,
New Nallakunta,
Hyderabad - 500 044.
Phone 7601617

■ Gandhi Diagnostic Centre

Adj Shankarmatt Temple Busstop,
New Nallakunta,
Hyderabad-500 044
Ph 7653301

■ Medison Diagnostic Pvt. Ltd.

8-3-116/5/1/B,
Deccan Chambers,
Yerragadda,
Hyderabad-500 018.
Phone 3718122

■ Sri Sai Krishna Diagnostic Centre

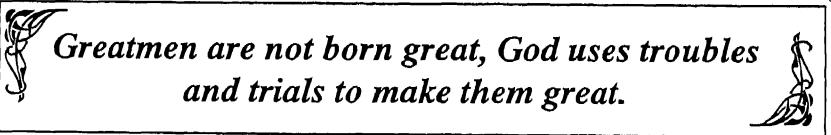
Chaitanya puri,
Dilsukhnagar,
Hyderabad.
Phone . 4066831

■ Sri Tirumala Pathological Laboratory

12-1-669/16,
Shanthinagar.
North Lalaguda,
Secunderabad
Ph. 7002506

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Sarojini Devi Road,
Secunderabad -500 003
Ph.: 7813467



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Near Officer's Colony Bus

Stop,

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Ph : 7124909

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E.C.G.,

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Hyderabad - 62.

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Dr. Ch. Vijayapal Reddy

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(Ayurvedic)

Kerala

Ayurvedic Physician
Panel Doctor to N.F.C.,

H.M.T., O.N.G.C.,

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Secunderabad - 94.

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Ambedkar Nagar,

Sainikpuri, Sec'bad.

Ph : 7110237 (R),

7113821 (S)

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SAI SANTOSHI MEDICAL
& GEN. STORES**

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7662424/7660877.

UNANI CLINIC
at Masabtank
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B.U.M.S.,
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behind
Crescent Hospital,
Humayunnagar,
Masabtank,
Hyderabad.

Phone : 3536149.
10am - 1 pm &
5 pm - 8-30p.m.

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Himayatnagar,
Hyderabad-500 099
Ph 3220022

■ The Earth Shop

Modi House,
Next to Times of India,
Begumpet,
Hyderabad-500 016.
Ph.. 7768967

■ Vijaya Clinical Phathological Lab

12-11-260/A,
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Secunderabad-500 361
Phone 7503193

■ The Herbal Way

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Everest Block
Aditya Enclave.
Ameerpet,
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Ph. 6505675

Diatitians

■ Herbal Life Independent Distributor

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Hyderabad - 500 073
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Vasivinagar,
Karkhana.
Secunderabad.
Phone No. 7610867

■ Magno Miracle Equipments

Dr. G. Jayaraman
S.D.Road,
Secunderabad.
Phone No. 7897404



When someone has wronged you, repay them with forgiveness and it will be remembered for ever.



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■ Pain Management Clinic

Dr. A.N. Rao
Domalguda,
Hyderabad
Phone no 7603257

■ Shah Dr. D.D.

H No 4-2-1069, G-6,
Vaibhav Apartments,
Ramkoty,
Hyderabad
Phone no 4750230

Doctors – Aesthetic Medicine

■ Dr. Ashok's Aesthetic Clinic

Dr. Ashok
Begumpet,
Hyderabad - 16
Phone no 3302596

■ Gowri Dr.

Mahavir Hospital,
Masabtak,
Hyderabad.
Phone no. 3316262.

Doctors - Allerg

■ G.Venugopal

Begumpet,
Hyderabad-500 016.
Ph : 7768989

Doctors – Anaestheologists :

■ Gopinath Dr. S.

Kamalanagar,
Dilsukhnagar,
Hyderabad-60
Phone no 4047809

■ Gowri Dr. I

Mahavir hospital
Masabtak,
Hyderabad.
Phone no 3316262.

Doctors – Anaesthetists :

■ Gowri Dr. I

Mahavir Hospital
Masabtak,
Hyderabad
Phone no. 3316262.

■ Srinivas Dr. R.

Esamia Bazar,
Koti,
Hyderabad.
Phone no. 4656042.

■ Thota Dr. Chakradhar

P.S. Nagar,
Masabatank,
Hyderabad.
Phone No 3347773.



Love is god and god is love.



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Phone no 3312430

■ **Dudhakar Dr. Krishnamurti**

Punjagutta,
Hyderabad
Phone no 7631823

■ **Uro-Andrology Centre.**

Dr. A.B. Shah
Somajiguda,
Hyderabad.
Phone.: 3302990

Doctors – Association :

■ **Diabetes Education and**

Treatment Centre.

Dr. P. Ushabala
Punjagutta,
Hyderabad.
Phone no. 3391911

■ **Operation Om Mobilisation**

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Lgs Bhavan,
Hyderabad. Phone no. 7892578

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■ **Anandari Ayurvedam**

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Jublieehills,
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Ph : 6577107

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Phone : 3704762

■ **Kerala Ayurvedic Centre**

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Hyderabad - 500 028.
Phone : 3392858

*Success can be dangerous. It can breed arrogance. Some times its better to fail. Failure fosters humility and humility will win you more people than arrogance.*

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■ Raksha Ayurvedic Centre

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Ameerpet,
Hyderabad.
Ph 3742146

■ Naidu V.B.R.

Sri Sairam Clinic,
Near Bus Stop,
Yapral,
Secunderabad
Phone 7860745

■ P.Leena

Plot No 46,
Sundarnagar.
Near ESI, Erragadda,
Hyderabad - 38. Phone : 3718812

■ Power Clinic

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Dilsukhnagar,
Hyderabad - 500 060.
Phone : 4064248

■ SM SaeedIsla Hakim

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View Towers,
Opp. Ayodhya,
Lakdikapool,
Hyderabad - 500 004.
Phone : 3326007

■ S.P. Ranga Rao

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Kachiguda Station Road,
Hyderabad - 500 027
Phone . 4051472

■ V Shiva Rama Prasad

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Near Ashoknagar Circle,
Hyderabad - 500 020
Phone : 7632147

■ Asthma Sudharan Centre

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Hyderabad.
Phone no 3704762

■ Ayurvedic Wonder

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Unani and Naturopathy,
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Hyderabad.
Phone no. 3531631

■ Badrinath Dr. S.

Dilsukhnagar,
Hyderabad-60.
Phone no. 4048654

*I would rather confess I am wrong and be right
than claim I am right and be worng.*

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Phone no 3201282

■ **Herbal Care and Fertility Clinic**
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Khairatabad,
Hyderabad.
Phone no 3314934

■ **Islahi Laboratory**
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View Towers,
Lakdkapool,
Hyderabad.
Phone no. 3326007

■ **Kerala Ayurvedic Pharmacy Ltd.**
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Hyderabad.
Phone no 6504357

■ **Karneshwar Rao Dr. M B R**
Safilguda,
Hyderabad-47.
Phone no. 7054293

■ **Lakshmi Ayurvedic Hospital**
Vanasthalipuram,
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Phone no 4021846

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Chirumamila
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Siddartha Apartments,
Saradhi Studio Road,
Ameerpet,
Hyderabad-73.
Phone no. 3742146

■ **Nazeer Ali and Company.**
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Phone no. 3319548

■ **Prakruti Naturecure Clinic**
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Minister Road,
Secunderabad. Ph : 7814644

■ **Reiki Institute**
Phone no. 7174318

■ **Rudhraksha Pyramid House / Clinic**
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Hyderabad.
Phone : 3315582



If you want to be happy live for others.



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Bagh Amberpet,
Hyderabad - 500 030
Phone . 7614275

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Subbarao Nagar,
Hyderabad
Phone . 7802479

■ G. Sunder Rao

Down Stairs of Vyasa Bank,
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Secunderabad-500 047
Ph ·7051704

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■ A S V Narayan Rao

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Phone : 3315753

■ Mir Mumtaz Ali

Block A,
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Masab Tank,
Hyderabad-500 028
Phon. 3300434

■ C. H. Umesh Chandra

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Hyderabad-500 001. Ph. . 3392919

■ Shailendra Singh

6-3-668/10/38,
Durganagar Colony,
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Hyderabad.
Phone: 3298492

■ C Shakuntala

10-5-3/2/6,
Masab Tank,
Hyderabad.
Phone : 3390004

■ Singh Shailender T

6-3-668/10/38,
Punjagutta,
Hyderabad-500 482,
Ph : 3310545



*If you feel like giving up, hold on just a
little longer.*



Murthy's HEALTH & MEDICAL DIRECTORY

- **Sunil Kumar**
7-1-213/B/5/1,
Asha Heart Centre,
Ameerpet,
Hyderabad-500 016
Ph 3731160
- **T Rajendra Prasad**
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Anandnagr,
Khairstabad,
Hyderabad - 500 004. Ph 3399928
- **Uday Kumar**
16-2-669/2,
Kumudgunj,
Malakpet,
Hyderabad-500 036
Phone 4557620
- **V Daya Sagar Rao**
12-13-374,
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Tarnaka,
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Hyderabad.
Phone : 3222142
- **Apollo Cancer Hospital**
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- **Dr. M. Srinivas**
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Phone : 3316057
- **Vijay Kumar Dr. M. Malladi**
Basheer Bagh,
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Phone : 3228248
- **A.S.V. Narayana Dr. Rao**
Redhills,
Hyderabad.
Phone : 3315753



*The secret of happiness is being content
with what you have.*



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Phone 4755176

■ **Ramachandrudu Dr.**
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Phone 4549885

■ **Damodar Rao Dr. P.**
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Karkhana,
Vasavi Nagar,
Secunderabad-15
Phone : 7743378

■ **Shailender Singh Dr.**
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Phone : 7636661

■ Najeed Vigg

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Phone 3230729

■ R Vijay Kumar

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Phone : 7611222

*Good things comes to those who wait, better
things comes to theose who try.*

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Karkhana,
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Phone no. 7743378

■ Hemalatha smt. Dr. S.

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Phone no. 4078104

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Masabtank,
Hyderabad.
Phone no. 3535271

■ Majid Dr. M.A.

Redhills,
Hyderabad.
Phone : 3394287

■ Marda Dr. Mahesh

Banjara Hills,
Hyderabad-34.
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Phone 3222500

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The tongue is a sword or a magic wand. It can cut and kill, or love and heal.

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Ph 3203684

■ A Srikanth

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Phone 3392258

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Masabtank,
Hyderabad
Ph 3537612

■ B.S.Shyamsundar

4-3-35,
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Phone 4756751



*For the best in town, talk to god. He knows you
better than any one.*



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Redhills,
Hyderabad-500 004,
Ph 3391981

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Hyderabad-17. Phone 7004280

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YMCA Complex,
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Secunderabad-500 003.
Phone 7804123

■ Cosmo Dont Dental Clinic

Harini Complex,
Kamalapuri Colony,
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Phone : 3607263

■ Dental Care

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AdarshNagar,
Hyderabad-500 063.
Phone : 3233216

■ Detnal Clinic

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Kismathpura,
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■ Dental Glory

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Mehdipatnam,
Hyderabad
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■ Dental Health Center

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Besides Hanuman Mandir,
Sultan Bazar,
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Phone : 4753013



*Every one has potential, you have to
just discover it.*



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Adj Central Bank of India,
Bank Street
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Phone 4744210

■ Gunrock Dental Clinic

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Sikh Road
Secunderabad-500 009.
Phone . 7847888

■ FMS Dental Clinic

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Somajiguda,
Hyderabad-500 020.
Phone : 3390940

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Phone 3732297

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YWCA Lane,
Abids,
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■ Hi-tech Dental Clinic

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Phone : 3094713



*It is better to slow down and get there than
never to arrive at all.*



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Phone 4043070

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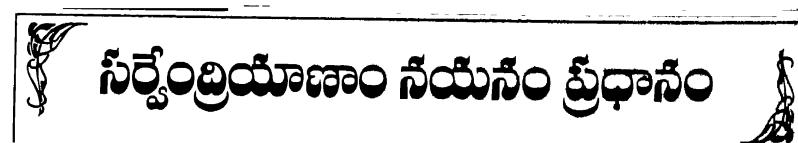
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■ **Kakade Cosmetic Dental Clinic**
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Phone : 3302633



■ Kare Dental Hospital

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Road No 1 Banjara Hills,
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Phone 3308734

■ M Nagerndra Kumar

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Lakadikapool,
Hyderabad-500 004
Phone 3233553

■ Kavitha Dental Clinic

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Maduranagar,
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Phone 3811935

■ Mahendra Dental and Facial Sgry Centre

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Panjagutta,
Hyderabad-500 082
Phone 3313568

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Hyderabad-500 017.
Phone 7003204

■ Medwin Dental Super Speciality Centre

5-8-352/97/98,
RR Towers,
Chirag Ali Lane,
Abids,
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Phone 3203823

■ Kiran Kumar

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Tarnaka,
Secunderabad-7
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■ P V Karmedkar

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Hyderabad-500 012
Phone 4658780

■ Mohd Osman

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Secunderabad-500 003
Phone : 7721268

■ Monsari Dental Clinic

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Phone 3534376

■ Prabhavati

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Phone : 7845633

■ Pemanandam

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Street No. 2,
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Hyderabad-500 029.
Phone : 7610528

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BR Apartments,
Malani Colony,
Tarbund,
Secunderabad-9
Phone : 3548135

■ Prime Dental Care

Glendal,
KingKoti Road,
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Phone : 4752614

*The hands which help are holier than
those lips which prey.*

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■ Radhika Splty Dental Clinic

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Blue Bird Hall,
K Nagar,
Hyderabad
Phone . 3517779

■ Rajashekhar G

Vivekananda Hospital,
Opp. Blue Moon,
Begumpet,
Hyderabad-500 016
Phone 3394431

■ Rajesh Karwa

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Narayanguda,
Hyderabad-500 029.
Phone : 3225760

■ S B Adiga

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Emrald House,
S D Road,
Secunderabad-3.
7841085

■ S Prem Kumar

14-198/3,
Mirjalguda,
Near Bus Stop, Malkajgiri,
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■ S Prem Kumar

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Ph : 7613238

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Phone : 3546806

■ Sai Dental Surgery

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Phone : 3311446

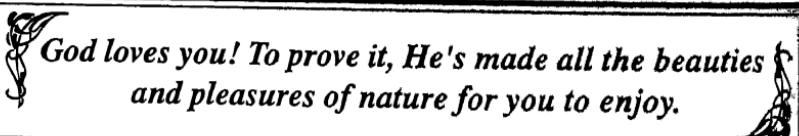


Giving love is the greatest pleasure of life.



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Ph 3711509
- **Sai Dental Clinic**
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BHEL,
Hyderabad-500 050.
Phone 3033127
- **Sai Lalitha Dental Clinic**
7,
Pragathi Enclave
Bhagynagar Colony,
Kukat Pally.
Hyderabad
Phone 3066349
- **Saraswathi Dental and Ortho Dontic Clinic**
1st Floor,
K P Complex,
Dilsukhnagar,
Hyderabad-500 060.
Ph 4069944
- **Sirjeev Singh Yadav**
Lane Opp Arya Samaj,
Kachigda X Road,
Hyderabad
Phone 4654558
- **Sec Dental Hospital**
1-2-261/4-6,
Opp Minerva Complex,
S.D. Road,
Secunderabad-500 003.
Ph. 7817821
- **Sravan Dental Clinic**
Adj. SBH,
Shantinagar,
Masabtank,
Hyderabad-500 028.
Phone : 3315146
- **Shreya Dental Clinic**
Cholas Residency,
Near Bus Stop,
Kharkana,
Secunderabd-500 015.
Ph.7743193
- **Shiva Speciality Dental and Plastic Clinic**
G7,
Beside Vegetable Market,
Shankarmutt,
Hyderabad-44. Phone : 7618719
- **Smile Centre Dental Hospital**
Golconda X Roads,
Opp. Subash Theatre,
Musheerabad,
Hyderabad-500 020.
Ph. 7663373


*God loves you! To prove it, He's made all the beauties
and pleasures of nature for you to enjoy.*

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538,
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Ph 3303085

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Hyderabad-500 016
Ph 3744075

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Kingkoti,
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Phone . 3232351

■ Srinad Reddy

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Ph . 3312323

■ Sri Dental Clinic

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Ph 7740890

■ Sri Sai Clinic

Tredent, Plot No 28,
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Secunderabad,
Ph 7843434

■ Srinivas Dental Clinic

C13,
Lal Bunglow,
Ameerpet,
Hyderabad-500 016
Ph : 3313454

■ Sri Ram Dental Clinic

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Harikrishna Complex,
Dilsukhnagar-60
Hyderabad
Phone 4065876

■ Sri Sai Cosmetic Dental Clinic

7, Vardhaman Apartments,
Srinagar Colony,
Hyderabad-73
Phone . 3742650

■ Sri Satya Sai Speciality

Prem Chambers,
1st Floor,
Dilsukhnagar,
Hyderabad-36
Phone : 4044815



*Happiness comes from within your heart, not
from your surroundings.*



ఉద్యోగం సంపాదించేడిం ఎలా ?

డెశంలోని విధ నియమక సంస్థలు చేల ఉద్యోగాలకు ప్రతియొక్క నిర్వహించే పాటి పరీక్షల పూర్తి వివరాలు నికిప్పుం చేయాలడిన విశిష్ట పుస్తకం, టెక్స్, ఇంటర్, డిగ్రీ విద్యార్థులకు పాటి పరీక్షలపై పూర్తి అవగాహన కల్పించి, ప్రథమ మరియు త్రైవేల్ రంగాలలో ఉద్యోగ సాదనకు కల్పనరువులా ఉపయోగపడే అధ్యుత పుస్తకం.

కేంద్రప్రభుత్వంలో క్లర్క్, దగ్గరమంచి ఆఫీసర్ కేడర్ వరకు ఏ చౌస్య అందుకోవాలంపు ఏము పాటి పరీక్షలు రాయాలి? ఈ ఉద్యోగాలను భర్తి చేసేందుకు పరీక్షలను ఎవరు నిర్వహిస్తారు? అందుకు విద్యార్థులలేమిది? ఈ పరీక్షలకు నేపటికేషన్సు ఎస్ట్రుయు వస్తాయి?

మన రాష్ట్రంలో ఎ.పి.పి.ఎస్.సి., కారెజి సర్క్యూస్ కమిషన్, ఆర్.ఆర్.ఎస్., బి.ఎస్.ఆర్.ఎస్., ఎల్.బి., ఎల్.ఐ.ఎస్., ఎస్.బి., ఎ.పి.ఎస్.ఆర్.ఎస్.సి., ఎ.పి.ఎస్.ఇ.ఎస్., దీచర్జీ రిత్రువువంట వంటి విధ ఉద్యోగ నియమక పాటి పరీక్షల సంస్కర్త సమాచారం గల పుస్తకం.

టెక్స్, ఇంటర్, డిగ్రీ, పి.జి. పాకెంపిక, మెడికర్, ఇంజనీరింగ్, మెనేజిమెంట్ తదితర కేర్మలు చదివిన వారికి త్రైవేల్ ఉద్యోగాన్ని వెదికి చెప్పే దేశపలోని 20 నగరాలలోని 360 స్టేషన్మెంట్ సర్క్యూసుల పూర్తి చిరునామాలు గల పుస్తకం ఇది.

అమెరికా, యూరప్, గల్ఫ్, అష్ట్రేలియా, న్యూజిలాండ్ ఇంకా ఇనేక దేశాలలో ఉద్యోగాలకు ఎదో స్టేషన్మెంట్ ఏజన్సీం అట్రెస్లు గల పుస్తకం.

త్రైవేల్ కంపెనీ ఉద్యోగాలకు ఖాయిడెటా ఎలా వ్రాయాలి? కవరింగ్ లైటర్ ఎలా ఉండాలి? జంటర్యూలో విజయం సాధించడం ఎలా? వంటి ఎన్నో ఎన్నో వివరాలకే ముఖ్యంగా గ్రామీణ ప్రాంత విద్యార్థులు, వినుద్యోగులకు ఉపకరించే అమూల్య సమాచారంతో అత్యంత కాప్రైటువంధాలో రూపొందించిన పుస్తకం.

ఈ అప్పరూప పుస్తకం కావలసినవారు వెంటనే కార్బూన్ మీ చిరునామా రాసి మాకు పోస్టు చేయండి. పుస్తకాన్ని ఎ.పి.ఎస్.ఇ.ఎస్. ప్రోఫెసర్ రూ.99 + రూ.21 చెట్టించి పుస్తకాన్ని మీ జంది వద్దే పొందండి.

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*Nothing great was ever achieved
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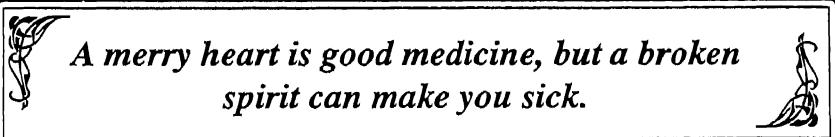
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■ Nagendra Mahendra

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Malakpet,
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Phone 4548080

■ S.Vijayalaxmi

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Ph 7111737

■ Nova ENT Hospital

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Ph 3322444

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Phone : 3390654

■ P. Venugopal Reddy

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■ Arya Dr. Vivek
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Phone . 4549885

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Anandnagar Colony,
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Ph. 4045290

■ Drishti Eys Hospital
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Ph. 3742158

■ J.S.Rao's Eye Clinic
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KPHB Colony.
Hyderabad-72.
Phone 3062692

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Ph. : 3522465

■ Kada Satyanarayana
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Ph. 3203568



*Earth has no sorrow that
time cannot heal!*



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Phone . 3326399

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Lungershouse,
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Ph. 7036021

■ Sai Jyothi Eye Institute

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Secunderabad-26 7719170



*Light up your own life by
lighting up another's.*



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Phone : 7846074

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Life rewards those who persevere.



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■Rao Dr. A. M. P.

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■Netralaya Dr. Aditya

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Phone 3236867

■Sadanand Dr.

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Phone . 4751422

■Poola Memorial Eye Hospital

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Phone 7120088

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Dr. Sai Baba Goud
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■Prasad Dr. Sri Rama

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■ **Shanker Rao Dr. B.**

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*Life is a journey;
Heaven is the destination.*



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■ Trauma Care Multi Speciality Hospital

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*Man looks on the outward appearance,
but God looks on the heart.*



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Phone : 7631386

■ Sri Balaji Nursing Home

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Phone : 7203889

■ Sundeep Dr.

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Hyderabad.
Phone : 3205596

■ Surendra Ugale

Basheerbagh,
Hyderabad.
Phone : 4746241

■ Ugale Dr. Meena

Basheerbagh,
Hyderabad.
Phone : 3223870



*God overlooks our negative traits;
we should do the same for others.*



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■ Ekbote Dr. Ajeet

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Phone : 7011095

■ Eshwaraih Dr. B.

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Sanathnagar,
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Moghulpura,
Hyderabad.
Phone : 4574179

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*Are you sure you're right, or are
you just being stubborn ?*

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*"I can't" are sad words in
any language.*



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*Never confuse a mere bend in the road
with the end of the line.*



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than never to arrive at all.*

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Malakpet,
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Kalasiguda,
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*Everyone has potential;
you have to discover it.*



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రచన : డా. శరత్తచంద్ర

(నిస్సతువ, నిర్ధిత, అవాసక్త, బోర్డమ్ నిండిన జీవితాల్యి

సమూలంగా మార్పివేసే ఈతరం యువతరం పుష్టకం)

ఈ పుష్టకం మిస్టర్ జీవితంలో ఎంతో కోల్పొరా

మీ జీవితాన్ని సంపూర్ణంగా మార్పివేసి, మీ వ్యక్తిగత్తాన్ని అభ్యున్నత శిఖాలకు కొనపోయే అధ్యయనమైన మాయాదండం రు పుష్టకం. ఈ మాయాదండం మీ చేతిలో వుంటే ఏమ్ముల్ని మీరే సెల్పుకోలేనంఠగా మారిపోరా.

కట్టగా అమ్మాయిలను ఎలా పరిచయం చేసుకోవాలి? అమ్మాయిలే మీతో పరిచయానికి, స్నేహానికి కపూర్పాలాడాలంపే ఏం చేయాలి? అమ్మాయిలను మెదలేసారి పరిచయం చేసుకొనేటప్పుడు ఏం మాట్లాడాలి? అమ్మాయిలే ముందుగా మీతో మాట్లాడాలంపే ఏం చేయాలి? అమ్మాయిలను ఎక్కడెక్కడ కలుసుకోవచ్చు? లాంటి విషయాల దగ్గరినుండి అమ్మాయిలతో ఎన్నిరకాలుగా రమాన్ ఎంజాయ్ చేయొచ్చు? ఆ రిలేషన్ పిచ్చి ఉ పదికాలాలపాటు ఎలా నిలుపుకోవాలి లాంటి విషయాల వరకు సంపూర్ణంగా విడమరిగి చెప్పిన పుష్టకం. ఇప్పటివరకు ఆళ్ళాంత రహస్యంగా వుంచబడ్డ వేలాది రమాంటీక రహస్యాలు, సెక్స్ బిట్కీలు, ఈ పుష్టకంలో వివరించబడ్డాయి. ఈ పుష్టకం మీ జీవితమూన్నానే మార్పివేస్తుంది.

సెక్స్ సామాన్ధ్యము పెంచుకొనే వివిధ పెక్కికలు, పురుషాంగం పరిమాణాన్ని పెంచే ఎక్కర్సైజులు, పురుషాంగపు పొడఫును పెంచే ఎక్కర్సైజులు, ఎక్కువసేపు సెక్స్ చేయడానికి సైంటిఫిక్ పద్ధతులు, ప్రపంచ వ్యాప్తంగా ఉపయోగిస్తున్న వందలాది ప్రేరణ పద్ధతులు, 150కి పైగా ప్రపంచప్రసిద్ధి చెందిన రకిథంగిమలు ఇలక ఇలాంటివెన్నే ఎన్నెన్నే అధ్యాత విషయాలు ఇందులో చర్చించబడ్డాయి. ఎంగా త్రై పురుషుల రిలేషన్సిపిలో ఓ కట్ట డైమెన్సనును ఎష్టోబ్లిష్ చేసే పుష్టకం ఇది.

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*We're slaves to what we
allow to dominate our lives.*



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it's bound to run smoother.*



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the way it's handed to you.*



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talk to God. He knows you better than anyone.*



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to love and care for.*



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*Falling down doesn't matter nearly as much
as getting up and trying again.*



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do you get better or bitter*

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*When feel like giving up ,
hold on just a little longer*



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Heaven is full of solutions*

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*Pity just feel sorry.
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*Truth is always the best policy.
Honesty pays.*

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*A man's countenance tells you more about
him than his clothes.*

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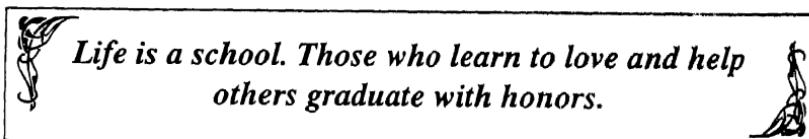
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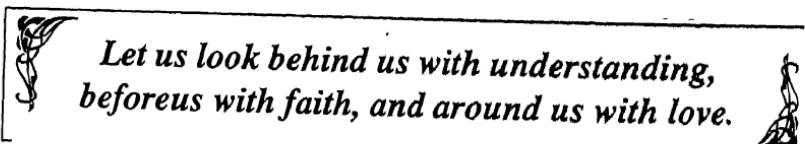
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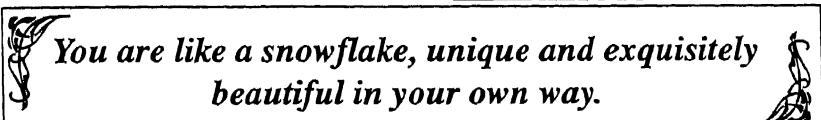
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Road 12,
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life of women. Very often people, especially rural folk, are unaware of health care needs of women and children. Their lack of education is a major contributory to their non-reliance on health care facilities.

In India, where the majority of the population is settled in rural areas, the existing health care structure appears top-heavy, with maximum monetary and manpower resources utilised at the tertiary level, i.e., in the major hospitals with complete diagnostic and therapeutic facilities in metropolises, instead of the primary level.

4. The Causes of Maternal Mortality :

The most common killers of women are haemorrhage and sepsis. Complications like bleeding, obstructed labour, sepsis, eclampsia together with anaemia are responsible for 80% of all maternal deaths in developing countries. A very small percentage of maternal health care institutions have the required safe blood transfusion and drug facilities to combat these diseases, which are totally preventable causes of maternal mortality. The morbidity of pregnancy induced hypertension and eclampsia require basic health checkups which can be performed by minimally qualified paramedical workers, but even these are not detected till it is too late for the patient.

Rupture of uterus in obstructed labour after a previous

uterine surgery and ruptured ectopic pregnancies claim a heavy toll of women

Moderate diagnostic facilities and patient education only are required to treat these conditions at an early stage so as to reduce the subsequent mortality and morbidity.

One of the most horrifying causes of death is the sequelae of criminal abortions, be it infection, haemorrhage, damage to the viscera or shock. Helpless women, hounded by society, unaware of the various alternatives to an illegal abortion, fall prey to unscrupulous quacks who cause untold misery by their interference. The mortality in these conditions is very high but so is the morbidity.

WHO with its constitutional charge to 'act as the directing and the coordinating authority in international health work' has had a strong commitment to maternal health from its inception. Research studies in the 80's supported by WHO, drew attention to the high incidence of maternal mortality and serious morbidity with its underlying epidemiology. A Safe Motherhood Conference, in Nairobi, February 1987, led to a new global understanding of the dimension and nature of the problem of maternal mortality and the magnitude of inequality in the health care of Women. The 'Safe Motherhood Initiative' was a global effort to reduce maternal mortality by half, by 2000 AD, safety of girls and Women's health, through health and non-health strategies and thus reduce maternal mortality.

What should we do to ensure safer motherhood ?

In order to ensure a lasting and significant impact on 'maternal mortality and morbidity', it is essential to have an integrated strategy that is directed towards the main elements of maternal health and safe motherhood; namely improvement in the overall status of Women by redressing social inequalities, and improve the availability of health services. This consists of essential health care at all levels, early detection and correction of complications, and timely emergency care.

Probably the single most effective step towards safe motherhood and a reduction in the maternal mortality is education, not just of women, but of men too, to create an awareness of the problem and that something effective can and must be done to solve it. Education provides women with the knowledge & skills to improve their lot, and in so doing, society. Men must be made aware of the importance of good health, mental physical and social, of their daughters, sisters, wives, and its positive spin-off on the quality of their lives

5.0 Key Elements of Maternal Health Programmes:

5.1 Essential care for all pregnant women, includes adequate primary health care at all levels, especially nutrition and immunization.

5.2 Early detection of complications A grass-root-level programme must be installed so that there may be early detection of the various complications of pregnancy with subsequent referral ensure optimum health care to all pregnant women, by trained medical or paramedical persons, during childbirth at home or hospital.

5.3 Emergency care : women at higher risk and above all women in those dire emergencies of pregnancy and childbirth must have effective access to the essential elements of obstetric care. Community based health workers can provide the antenatal care. It is only ethical and right that every possible means should be undertaken to make motherhood safe.

Again, looking into the root cause of maternal mortality, the key areas for concern appears to be embedded in our adverse social, cultural and economics environments, where women suffer discrimination from the womb to the tomb. The female foetus and infants are terminated easily. There is a preferential disregard about the nutrition, education and total health care of the girl child. In a poor family with limited food facilities, it is the man who eats the biggest share, then the male children and then the minimum remaining to the girl child and hardly anything or none at all to the pregnant mother. The order based on requirement is reversed. Unless this unjust situation is put right, one cannot hope for safe motherhood.

6.0 Abortion - Killer of Women :

" I will maintain utmost respect for human life from life from the moment of conception" - the oath taken by every medical person. Vatican II strongly upholds the sanctity of life of life "from the moment of its conception, life must be guarded with greatest care, while abortion and infanticide are unspeakable crimes";

Family Planning is an essential means for achieving safe motherhood, for spacing as well as avoiding " close and many" pregnancies. Natural methods of family planning do not preclude a normal marital life but rather promote mutual understanding, and this has proved to be one example of a positive marital experience. Natural family planning is safe, cheap, effective, easy to use and reversible, fostering conjugal harmony, if the couples have the right motivation.

The medical profession in India is in the grip of a severe crisis of medical ethics. 27.2% of all qualified medical doctors work in rural areas where over 70% of the people reside, and where maximum care to the emergency needs of the mothers is needed. Over 80% of the doctors in our country work in the private sector (again, largely in urban areas), where 50% of hospitals and 30% of hospital beds are to be found. these services are expensive. The bulk of the population thus find themselves out-of from any medical care whatsoever, leave alone quality care.

Again, there is an absence of a framework defining quality control for the sector. As such varied standards prevail. The

SAFE MOTHERHOOD & MATERNAL HEALTH

" Health for all by 2000 AD" was the goal of the Alma Ata declaration by the World Health Assembly in 1978, and maternal health was identified as one of the key elements of a primary health care programme.

Maternal health is the corner stone of any family, and by consequence, of Society. The health of a pregnant Woman and the circumstances of her delivery directly affect the health of the new born. A healthy mother begets a healthy child. Out of safe motherhood, all safety flows - that of infants, siblings, the family, and society. Not least in importance is the safety of the women themselves. Saving women's lives is a practical goal as well as a humanitarian one.

The stumbling block to achieving safe motherhood is the alarming rate of maternal mortality. 500,000 woman die each year during pregnancy and child birth, leaving behind at least one million motherless children . 99% of these deaths occur in the third world. In the developed world, there are only 6 - 30 maternal deaths for every 100,000 live births while elsewhere, the figure ranges from 300 -1000+.

ముగర్ వ్యాధిగ్రస్తులకు స్విట్ స్వాస్థ్

పాంక్రియానోలోని బాటూసెల్వ్ లేక ఎలెట్స్ అఫ లాంగర్జున్ క్రమంగా చెడిపోయి జన్మలినను ఉత్సత్తుచేయడం మానివేస్తాయి. అందులన మగరవ్యాధి క్రమంగా పెరుగుతుంది. ముందు 1/2 టాబ్లెట్ లో ట్రైటిమెంట్ ప్రారంభమై, 3మంది 6 టాబ్లెట్లుదాకా చెరుతుంది. చివరికి జన్మలిన ఇంజక్షన్లు వాడాలి. ఇది రేగం బాగా ముదిరిన పరస్పితి. ప్రైం ఎన్నో సైడ్ ఎఫ్ట్స్! రియాక్షన్!! అఫ్స్ట్ ఎప్పుక్కు!!!

మగర వ్యాధిరుగులకు అద్భుతంగా పనిచేసే అమూల్యమైన మూలికలు, ఒప్పథులతో తయారుచేయబడిన మందు. సైడ్ ఎఫ్ట్స్ గాని, రియాక్షన్స్ గాని ఉండవు. మందు వాడిన రేగులలో మగర వ్యాధి పూర్తిగా నియంత్రించబడినది. రక్తములో శాస్త్రింగ్ మగర్, పి.పి. మగర్ స్టాయి, మూర్తింలో మగరస్టాయి గణసీయంగా తగ్గినది. మగర్ స్టాయి తగ్గడమే కాకుండా మందు ఆపివేసిన తర్వాత కూడా మగర్ నిలకడగా ఉంది. మగరను నియంత్రించే స్వభావం రేగుల శరీరంలో బాగా పెరిగింది. ఈ మందువాడిన అతిమూత్రం, మధ్యమహం తగ్గిపోవును. ఒఱ్పు నస్పులు, కీళ్ళనస్పులు, కండరాల నస్పులు, చురుకులు తగ్గిపోవును. అనేకమంది వాడి అద్భుత పలితాలు పొంది సంతోషపరమైన జీవితాన్ని గడుపుతున్నారు! మీరుకూడా స్వయంగా మందు వాడి ఈ విషయాలను గమనించండి!!

మేము జన్మలిన ఉపయోగించే రేగులచే మా మందులు వాడించి, వారికి జన్మలిన తగ్గిస్తూ కొన్ని నెలలలో వ్యాధిని కంట్రోల్ లోకి వచ్చేటట్లు చేశాము. ఆలాగే అనేకమంది రేగులు అనులు టాబ్లెట్లుమాని, మా మందు వాడిన తరువాత నార్కూల్కి వచ్చింది. కండరిలో మా మందు వాడటం నిలిపివేసిన తరువాత ఒక సంవత్సరము ప్రైం మగరస్టాయి నార్కూల్గా ఉంది. దీనిని ఒట్టీ మా మందు వాడినపుడు చెడిపోయిన బీటాసెల్వ్ ప్రిగి పనిచేయటం ప్రారంభించినట్టేకదా? అంటే మా మందు మగర వ్యాధిని నయం చేయడమే కదా!! ఈ పలితాలు మా మందు యొక్క అద్భుత విజయం! మరి ఇక ఆసల్య మెందుకు? మగర వ్యాధినుండి ఏముక్కి పొందండి!! సంప్రదించండి!

సంతీఠించు వేకలు : ఉ.11గం.సుండి సా. 7గం వరకు

డివైన్ పోల్ట్ సింటర్

దేవి అయిల్ ఎల్రెడ్, సూర్యారావుపేట, విజయవాడ-2

technical competence of doctors is a major ethical problem of the profession in India today. Commercialisation is undermining medical ethics, especially in obstetric practise, with unnecessary surgery and interventions for monetary or other selfish motives.

7.0 Conclusion :

Safe motherhood, for every Woman in our country, is a Herculean task. The majority of the causes of maternal mortality and morbidity are preventable. Likewise, optimum maternal health is achievable and affordable, inspite of the economic constraints, through proper channelling of the available resources.

Hence, the urgent need for us today is to create an awareness of the gravity of the problem and the need to make motherhood safe while safeguarding the health of her infant, family and the society as a whole.

Thus with determined and organised efforts on the part of government, health planners, the medical profession and community to provide efficient and effective care to the pregnant woman, the goal of 'Health for all Mothers by 2000 ad'. May to a great extent be achieved and 'safe motherhood' be made a reality!

- Dr. Sr. T. Lillian

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EYE DONATION WHY, WHERE, AND HOW

Eye sight is a precious gift of nature, but most of us don't seem to realise its importance until it is lost. So it is hard for a person with normal eyesight to even imagine living without it. Therefore, it is pertinent for us to ask : Can something be done for the less fortunate - those deprived of eye sight ?

It is a general belief, nay a popular misconception, that no treatment is possible once eyesight is lost. But this is not entirely true, as treatment is possible in some cases. Persons who gone blind because of corneal diseases can regain sight with an operation called corneal transplantation.

Cornea is the clear transparent front portion of the eyeball which covers the black portion as iris. Corneal transplantation involves removal of the diseased cornea from the patient's eye, and its replacement by a normal cornea. Such a cornea is taken out of a donated eye, removed from the body of a dead donor.

Who are the persons who can benefit from eye donation? People who are born with hazy corneas, people with corneas that have become opaque to infection, injury, chemical burns, or some intra-ocular operation. People whose corneas have turned opaque due to degeneration or dystrophy could also regain their eyesight after corneal transplantation.

Naturally, it occurs to us that if these people can be treated with corneal transplantation, why should the number of people

affected by corneal blindness in our country be sclarge. This is because of three reasons : first, shortage of trained of trained surgeons who canperform this operation; next, lack of awarness amongst these people that blindness can be treated and as a consequence, they do not seek treatment ; and lastly, there do is a shortage of 'donor' eyes.

About 2.6 million people suffer from corneal blindness in our country, while the number of 'donor' eyes available is dismally low. At present, about 4,500 corneal transplant operations are performed every year; contrast this with the 30,000 new cases of corneal blindness that are added on each year, and we have some idea of the magnitude of the problem. It also amply illustrates that unless more and more people come forward to donate their eyes, we will never their eyes, we will never be able to eradicate or even controlcorneal blindness.

Major obstacles to people donating eyes in our country are: lack of awareness and motivation in the people for such a noble cause, superstitious belife that aperson who donates his eyes will be blind in the next birth, fear of disfigurement of the dead body, and imortantly, inadequate efforts made by eye banks and voluntary health organisations to educate and persuade persons to donate their eyes. Gujarat is the only state in India which has eye donors in abundance. The state also partially meets the requirement of 'donor' eyes from other states. This is probably due to more public awareness among the people , and efforts made by organisations like the India Red Cross to motivate people to donate their eyes. There is no reason why similar efforts cannot be undertaken in other regions of the country. Explaining to the

people what an eye donation is, how they too can daonate their eyes, and what this would mean to those suffering from corneal blindness, and who will receive this valuable gift, would contribute substantially to increasing eye donations.

who can donate eyes? Anybody. Irrespective of whether they are newborn, Young or old, whether they have good vision or not, or whether they are suffering from some systemic disease. While it is true that all donated eyes may not be used for corneal transplantation, no eye goes waste. Eye which after evaluation are found unsuitable for transplantation for one reason or the other, are extremely useful for research.

Most people do not known how to donate their eyes. It is indeed very simple. Various agencies have established about 147 eye banks in different parts of the country. An eye bank is a place where the donated eyes are processed, evaluated, stored, and sent to surgeons who need them for corneal transplantation. whenever someone wishes to donate his or her eyes, that persons has to contact the nearest eyes bank and sign an eye donation from pledging to donate his eyes after death. That persons is issued a donor card, and he or she should communicate this decision to family members, friends, and the family physician.

Upon death, it is the duty of the family members to inform the eye bank immediately. The eyes bank person should be closed, and preferably, ice cubes wrapped in a piece of cloth placed over the eye lids. The eyes have to be removed within six hours of death. A team of doctor and technicain immediately reaches the spot, and after examining the death certificate and taking consent

from the next of kin, prepare for the removal of the eyes. The eyes are removed using aseptic techniques and in the presence of family members, if they so desire, taking care to cause minimal damage to adjacent tissues. artificial eyes are kept in place of the removed eyes so there is no disfigurement. The whole procedure takes less than half an hour.

Eyes are then kept in clear, sterile bottles. These are then kept in an icebox and transported to the eye bank. In the eye bank, eyes can be stored at 4°C for 48 hours. However, with the availability of corneal preservation solutions, corneas once removed can be stored for up to two weeks before they are transplanted.

The need of the hour is for everyone to understand and realise the importance of eye donation, and how this gift of sight that most of us can give, will transform the world of two people who will receive our eyes. There can be no greater service to humanity ! Important points to remember about eye donation :

- * Anybody can donate his/her eyes irrespective of age or eyesight.
- * Eyes can only be removed from a dead body.
- * Complete confidentiality is maintained about the donor and the recipient
- * Eyes cannot be sold or purchased.
- * No disfigurement is caused to the dead body.
- * Eyes have to be removed within six hours of death.
- * No eye goes waste.

- Dr. Aashish Kumar Bansal
Hyderabad.

Prevention of HIV Transmission & Aids

1 Universal Work Precautions :

To minimise risk of **Human Immuno Deficiency Virus (HIV) & Hepatitis B Virus (HBV) transmissions** all health care Workers (HCW' S) must adopt the following blood & body fluid precautions :

- A). Minimise splashing or the formation of droplets or aerosols
- B). Avoid accidental Wounds from sharp instruments contaminated with potentially infectious material ; avoid contact of open skin lesions with infectious materials.
- C). Wear laboratory coats / gowns (masks & protective eye shields if required) while Working With potentially infectious materials; these should be discarded appropriately before leaving the work place
- D). Wear gloves While handling blood specimens, blood soiled - items / fluids, excretions, secretions, surface materials, & objects exposed to them.
- E). Do not touch your eyes, nose, mouth or skin With glove hands Do not Walk a round the work place wearing

gloves.

- F). Wash hands after removing gowns / coats, gloves also should be washed thoroughly & immediately if contaminated with blood.
- G). If gloves are not available use towels or gauze soaked in sodium hypochlorite solution may be used to hold blood stained material or needles.
- H). Label blood & other specimens suitably. Clean the outside of the container if contaminated with blood.
- I). Place all blood specimens in a leak proof impervious box for transportation to the laboratory.
- J). Use Mechanical pipetting devices for the manipulation of all liquids in the laboratory. Mouth pipetting should not be done.

Cotton wool plugged pipetting reduce the possibility of contaminating the pipetting aid.

Air should never be blown through a liquid containing infecting agent.

A discard pan for pipettes filled with water or suitable disinfectant (e.g. 1% sodium hypochlorite) should be kept at

hand. Contaminated pipettes should be completely immersed in this pan.

- K). Cover all blood or body fluid spills with cloth dusters or big gauze pieces, soaled with hypochlorite. Using gloves, the soaked duster can be discarded & the area further washed cean with 1% hypochorite.
- L). Decontaminate all labor -atory work surface with (sodium hypochlorite solution) on completion of work activities at the day.
- M). Use sterile / disposable syringges & needles. Auto - claving is an effctive way to achive sterilization.
- N). Prevent needle - stick injuries. Needles should be discarded in a puncture - resistant container immediately after

- Dr. C.M. Francis

HEALTH AMONG ALL OF US

Health is not everything. But without health, everything is nothing". Tragically, many of us only wake up to the importance of good health, once it is gone. Once the lung cancer has been diagnosed, then we expect the surgeon's knife to cure us. Once the heart attack has hit us... and we survived it... then we expect the miracles of modern medicine to restore us.

But all too often, health is not for sale. It is not some thing you purchase. Health is some thing what we do.

The advances in technological medicine over last 30 years have been spectacular: Microsurgery. Kidney dialysis, Implantable insulin pumps, balloon heart transplants, coronary bypass surgery, gene splitting and pharmaceutical inventions to remedy everything from headache to depression, from hair loss to typer activity ! Our genius for biomedicine and biotechnology promises even greater miracles around the corner... creating the bionic man and woman.

And yet, We are becoming increasingly aware of the limitations of "high tech" medicine when it comes to dealing with the fastest growing diseases i.e the degenerative dieases.

Modern medicine is virtually important in dealing with coronary heart disease, stroke, hypertension, diabetes, cancer and obesity. These emerging killer diseases are not easily tamed by drugs and surgery, if at all. These modern killer diseases are culturally conditioned and largely self induced. We create them ourselves by the way we live, particularly by the way we eat, drink, smoke, and exercise. The scientific data is saying more clearly everyday: "once

good sanitation and hygiene is assured, it is what we do, hour by hour, day by day, that largely determines the state of our health, whether we get sick, the disease we get, and perhaps even when we shall die".

In affluent societies our health is not somuch determined by the doctor's intellect or training or the size of the hospital but largely by our individual life styles, our physiological inheritance and our physical environment.

Good health is not just "absense of disease" but a positive sense of well being - physically, mentally and emotionally - with optimum energy and function. Such health is largely the result of what we are willing to do for our selves and how to choose to live, especially in the matter of eating, drinking, smoking, and exercise.

OVER WEIGHT - A SERVER PROBLEM

Overweight is becoming an ever enlarging concern of affluent indian society. Those in excess of 20% above their ideal weight are at serious medical risk. Their chances of having heart disease is three times greater than those of people of normal weight. They are five times more likely to develop diabetes, five times more likely to have higher than average cholesterol, six times more likely (especially women) to develop gal bladder disease. And they are more likely to develop cancer of the colon, rectum, prostate, breast, cervix, uterus and ovaries and to develop osteoarthritis and low back pain. To put it mildly, being twenty percent or more overweight is not healthy. Moreover our self image may also suffer. Obesity can be a great psychological burden.

Over weight occurs when food calories exceed the energy requirement of the body for physical activity and metabolism. We "burn up" food to produce heat and perform muscular activities. Weight stays the same if we completely utilize all our food for fuel & maintenance. But excess calories are stored as fat (triglycerides). It makes no difference whether they come from sugar, protein, starch, or fat. If the calories are not used, they will be deposited in our "fat bank".

If you cut your food intake by only 500 calories a day for seven days, at the end of the week you will have lost one pound of fat ! To effect such a negative energy balance, where you burn more calories than you take in you have three options.

- Option 1: Decrease food calories : maintain activity level.
- Option2: Maintain food calories : Increase activity level.
- Option 3: Decrease food calories : Increase activity level.

The most effective option is item 3. Which gives you a win - win situation. You take in fewer calories and burn more through exercise.

But the suggestable way to increase the amount of food we eat while decreasing calories! You can eat all you like of the right kind of nutritious foods, and still lose 1-2 pounds a week especially if you put your best foot forward and walk atleast 30 minutes every day.

How to eat more and weigh less

1. Let diets die ! Eat for health, and let the pounds take care of themselves.

2. Eat more natural foods, simply prepared !

- Freely use whole grain products, even pasta
- Freely use tubers and legumes like potatoes yams, squash, beans
- Freely use fresh fruits and vegetables (with low - calorie dressings)
- Eat a substantial breakfast daily - idlies with chutney (Just keep the ghee off!) This will curb your appetite for hours, stabilize your blood sugar, emotion and nerves.

3. Avoid refined, processed food and snacks high in fat and sugar.

4. If you use animal products, use them sparingly,more like a condiment!

5. Drink plenty of water, 6 to 8 glasses a day. Try herb teas or just water. Keep the sweet carbonated drinks for special occasions.

6. Walk briskly every day. Begin with 5 to 10 minutes at a time and progress until you can do atleast 30 minutes without fatigue.

7. Picture yourself successful : tie into supportive and spiritual resources.

8. Beware of weak moments :

- If one cookie leads to ten, don't eat the first one.
- Don't buy problem foods. If they are not around, you wan't eat them.
- If you are bored, frustrated or lonely, don't snack; go for a walk, drink a glass of water, call a supportive friend, or "feast" as natural foods like chilled grapes, melon or some juicy carrot sticks.

FAT CONTENT OF SELECTED ANIMAL PRODUCTS

Animal Product / Other Foods	Fat Content (% of total calories)
Steak	65 - 80
Lamb	75
Ham	80
Bacon	85
Hot dog	85
Whole milk	50
Cheeses Processed	60-85
Cream : Cheese	90
Cheese : Cottage	36
Beef, Pork	65-83
Ice Cream	55
Chicken	15-40
Fish	15-40
Vegetables	1-5
Fruits	1-5
Tubers	1-10
Legumes	5-10
Grains	5-15
Skimmed Milk	2
Soya been	40
Meat Analogs	50-80
Chocolate Candy	50-60
Nuts	75-90

Murthy's HEALTH & MEDICAL DIRECTORY

Sugar Content of Selected Food Itemd :

Food	Size/Position	Tea Spoons of Sugar
Cola Drinks, Soft Drinks	12OZ	8-11
Jams		
Marinalade Jams	2 tbsp	10
Candies		
Hard Candy	4OZ	20
Chocolate Milk bar	3OZ	5
Fudge	2OZ	9
Fruit anc Canned Juices		
Raisins	1/2 Cup	4
Fruit cock Tail (Commercial)	1/2 Cup	10
Orange Juice (Un Sweetened)	1 Cup	4
Grape Juice (Commercial)	1 Cup	7
Breads, Cakes,Cookies		
Hamburger Bun	1	3
Chocolate Cake	1 (80 Z)	15
Chocolate Cookies	4	6
Donut (glazed)	1	6
Dairy Products		
Ice Cream	1 Cup	6-8
Ice Cream Cone, empty	1 triple	10
Chocolate milk	1 cup	8
Pies and Paddings		
Jelly	1 cup	9
Pies andCakes	1 slice	9
Puddings . Chocolate	1 cup	8 - 10

HEIGHT & WEIGHT

A Simple formula to determine your "ideal" weight

Men : Height in inches x 3.5 pounds minus 108

Women : Height in inches x 4.0 pounds minus 128

(Large - boned adults add 8 percent : small boned adults subtract 4 percent)

Ideal Weights according to Frame

Men of age 25 years and older

Height (without shoes)	Weight in LBS		
	Small	Medium	Large
5' 2"	115-123	121-23	129-144
5' 4"	121-129	127-139	135-152
5' 6"	128-137	134-147	142-161
5' 8"	136-145	142-156	151-170
5' 10"	144-154	150-165	159-179
6' 0"	152-162	158-175	168-189
6' 2"	160-171	167-185	178-199
6' 4"	168-179	177-195	187-209
4' 10"	96-104	101-113	109-125
5' 0"	102-110	107-119	115-131
5' 2"	108-116	113-126	121-138
5' 4"	114-123	120-135	129-146
5' 6"	122-131	128-143	137-154
5' 8"	130-140	136-151	145-163
5' 10"	138-148	144-159	153-173

COMMON MEASUREMENT EQUIVALENTS

1 Table Spoon (tbsp)	-	3 tea spoons (tsp.)
1/8 cup (1 fluid ounce)	-	2 table spoons
1/4 cup	-	4 table spoons
1/3 cup	-	5 1/3 table spoons
1/2 cup	-	10 2/3 table spoons
2/3 cup	-	12 table spoons
1 cup (8 fluid ounces)	-	16 table spoons
1 pint	-	2 cups
1 quart	-	2 pint (4 cups)
1 gallon	-	4 quarts
1 pound	-	16 ounces
1 kilogram	-	2.2 pounds
1 litre	-	1 quart
1 ounce	-	20 grams

CHOLESTEROL - The big one

Cholesterol - is both the hero and the villain. While we cannot live without it, in excessive amounts it becomes serious threat and often an outright killer.

The cholesterol level is the single most important factor in determining one's risk of developing cardiovascular disease. A person with a blood cholesterol level of 260mg% is four times more likely to have a fatal heart attack than a person with 200mg% or less. In other words an increase of 60 points in one's blood cholesterol level increases the risk of dying of heart disease by 400 percent! This does not mean that a blood cholesterol level of 200 mg% is healthy. It is not.

The ideal blood cholesterol level is not to exceed 160 mg%. Anything above 160mg% carries risks. Risk of coronary heart disease with respect in cholesterol levels.

Risk	Blood levels (mg%) for cholesterol
Ideal	160
Elevated	161-180
High	181-220
Very High	221-260
Dangerous	above 260

If we lower the cholesterol level to below 150 mg% we would probably wipe out heart disease.

CHOLESTEROL CONTROL

Cholesterol is found only in foods of animal origin, such as meat, fish, poultry, eggs and dairy items. The highest concentration exists in internal organs, egg yolk and shell fish. Plant products do not contain any cholesterol. The amount of cholesterol in breads, desserts and combination foods depends upon the amount of milk, eggs and dairy products used in the recipe. In addition to containing cholesterol, foods of animal origin are also high in saturated fats, as are palm and coconut oil, which eminently raise the body's cholesterol production by the liver.

It is recommended that we choose a diet low in total fat. Saturated fat, especially, should be avoided. Cholesterol intake recommendations should be consistent with the level of serum cholesterol levels in our blood. To accomplish these ideal levels of serum cholesterol, it is important to keep the dietary cholesterol intake ideally below 100 mg/day.

CHOLESTEROL CONTENT OF SELECTED FOODS (IN mg)
MEAT AND POULTRY

Beef, Park, Chicken	-	5 OZ	-	135
Liver	-	3 OZ	-	370

Fish And Seafood

Crabs, Lobsters, shrimp-	1 cup	-	120
salmon	5 OZ	-	80
Sandines	5 OZ	-	80

Eggs

Egg	1	-	250
Egg White	1	-	0

Dairy Products

Skimmed Milk & Whole

Milk	1 Cup	-	5
Whole Milk	1 Cup	-	34
condensed milk	1 Cup	-	14
Ice creams	1 Cup	-	110
Cottage cheese	1 Cup	-	20

Desserts

Custard, Baked	1 Cup	-	280
Sponge Cake	1 slice	-	165

Fats, Oils, Spreads

Bacon	4 Sl.	-	80
Ghee	1 tbsp.	-	45
Butter	1 tbsp.	-	35
Mayonnaise	1 tbsp.	-	10

How to Lower Your Blood Cholesterol

1. **Severely Limit Cholesterol :** Avoid all animal products such as meat, Sausages, egg yolks, liver, dairy products (unless they are low or non-fat products) if you use fish and fowl. Use them sparingly.
2. **Substantially reduce all saturated fats :** Avoid saturated fats, which are mainly found in animal products, (such as meats & Ghee) and in palm and coconut oil.
3. **Get down to your ideal weight :** Avoid highly refined, empty calorie foods, low in fiber. This includes the refined fats and oils, sugar and alcohol. Use nuts only sparingly.
4. **Eat plenty of unrefined starchy foods, fresh fruits and vegetables :** Eat all you want of the unrefined whole grain products, of legumes and of fresh vegetables and fruits. And enjoy those potatoes, yams and sweet potatoes! these foods not only satisfy, but are also rich in fiber.
5. **Walk daily :** A regular exercise program can further help in lowering your blood cholesterol some what. At the same time it may improve your HDL portion your cholesterol which appears protective.
6. **See your physician :** Your Physician is in a position to rule out any unusual causes of high cholesterol levels. Your physician can prescribe cholesterol lowering drugs, if the life style approach needs to be complemented. But remember : The safest way to reduce your blood cholesterol is through dietary means.

ATHEROSCLEROSIS : The silent killer

Kindergarten we learn that pain is a warning that something is wrong in our body, and we grow up heeding these warnings. Unfortunately, the first sign that something is wrong with our arteries is often sudden death. The trouble usually begins in childhood, and it usually develops slowly over the years, sometimes taking fifty years to make itself known, sometimes less !

The trouble is atherosclerosis, hardening of the arteries, the underlying cause of most cardiovascular disease.

You were born with clean, flexible arteries, and they should stay way until you die of that rare disease called old age. However, the arteries in many affluent Indians are clogging up with cholesterol, fats and calcium a concoction that hardness in time and finally chokes arteries completely. Deprived of oxygenated blood, the heart has an attack, the brain has a stroke and the victim has a bypass, or physical therapy or all too often, there is no warning !

The storage of oxygen (hypoxia) due to atherosclerosis is the cause of various hypoxic diseases affecting the circulatory system in different critical areas.

Angina Pectoris :

The flow of oxygenated blood to the heart muscle itself is impeded or temporarily blocked, causing pain in the chest, in the left arm or between the shoulder blades.

Myocardial Infarction :

A part of the heart muscle becomes starved for oxygen and dies.

Intermittent claudication : Restricted flow of oxygenated blood to the leg muscles causes acute pain and cramps, until the person stops his activity and the blood begins to flow again through the narrowed femoral arteries.

Gangrene : Body tissue, usually in the toes and feet, decays and dies due to lack of blood usually necessitating amputation.

Impotence : The inability to deliver adequate blood to the organ on demand and on sustained basis. In 50 to 60 percent of the cases, atherosclerosis is underlying cause.

Hypertension : Greater force is necessary to push blood through narrowed vessels to supply body oxygen needs, hence high blood pressure.

Cerebral Infarctin (stroke) : Brittle, narrowed arteries in or leading to the brain rupture or plug up, causing paralysis or sudden death.

Senility :	An inadequate supply of oxygen to vital brain tissue is believed to cause this debilitating disorder in 40 to 50 percent of the cases.
Hearing Loss :	Loss of hearing, especially in the high frequency range, may be caused by atherosclerosis.
Visual Loss :	Tunnel vision and retinal detachment are processes associated with inadequate blood flow.
Cancer :	Some of the common cancers may be related to inadequate oxygenation of vital tissues due to atherosclerosis. It is intriguing that cancers of the breast, prostate and colon are mainly found in societies affiliated with cardiovascular disease.

The disease usually begins to develop in the pre-teen years in our society, and most attacks occur before the age of sixty-five. Every year hundreds of thousands of people die of heart attacks and other hypoxic diseases without a murmur of protest from the public, the press, or government agencies. Such a rash killing by any other means would mobilize the country! Atherosclerosis is not a natural ! way to go ; it is not the inevitable result of the aging process. Large population in the world are unaffected by it. It is those of us who consume

large amounts of cholesterol and excessive fats, especially animal fats, that are targets for the "silent killer".

Atherosclerosis, once thought to be a degenerative disorder, is a progressive narrowing of the arteries throughout the body, which is fed by rich diets, high in cholesterol and fats and aggravated by smoking and high blood pressure. Cholesterol, fats and other materials accumulate in the arterial wall forming plaques, which in due time can disrupt and interrupt vital blood flow.

Atherosclerotic Sites

Atherosclerotic plaques most commonly involve the coronary, carotid and cerebral arteries affecting blood flow and oxygen delivery to the heart muscle and to brain structures. Plaques can also interfere with proper bloodflow to the kidneys and the legs by affecting the renal and femoral arteries.

SOLUTION

Ultimate solutions will not be found in the present medical care system or in ministrations of doctors during and after an attack. Only you can slow down the atherosclerosis process, stop it and reverse its effects! In addition a most recent study demonstrated that heart disease patients with significant arterial narrowing were able to reverse their atherosclerosis. As their average blood cholesterol levels had dropped 40%, their narrowed arteries had widened by 15% at the end of the one year intervention project. How did they do it? They cut way back on their fat intake, followed a vegetarian diet with lots of pulses., Unrefined cereals, fresh fruits, vegetables and practiced yoga.

DIABETES : Disease of affluence

Diabetes occurs when the body becomes unable to handle glucose (sugar), and it piles up to dangerous levels in the blood. This can lead to

Blindness	Diabetes is the leading cause of new blindness
Kidney Damage	Diabetes increases the risk of serious kidney damage by 18 times.
Atherosclerosis (Heart Attack)	Diabetes doubles the risk of heart disease and stroke, Promotes impotence, hearing impairment and is a major cause of foot and leg amputation (gangrene)
	Diabetes is almost exclusively found in affluent societies and the affluent class of developing countries.

Cause of Diabetes

Insulin, a pancreatic hormone, a kind of chemical messenger enables glucose or blood sugar to enter the cells of the body where it can do some good. Without insulin, or if the insulin is unable to perform its job, the cells can not get at the needed glucose. The cells then starve while the glucose piles up in the blood, spills over into the urine and the person

becomes diabetic. This then can cause fatigue, lethargy, confusion, coma and sometimes death.

But why are cells starving amidst plenty ? what hinders the insulin from doing its vital job of opening the cellular doors", so that the glucose fuel can enter and nourish the cells ?

The problem in adult onset diabetes is usually not a defective pancreas, at least not initially, but a cellular insensitivity and resistance that relates to obesity and especially to an excessive fat intake. Recent studies show that fat can make cells less sensitive to the insulin, so that the glucose in the blood stream builds up.

Conversely, a low fat more natural diet (and the resultant weight loss). Will cause the cells to be more responsive to insulin, so that the waiting glucose can be accepted into the cell and used as it was meant to be "on a very low fat diet the endogenous insulin (the insulin produced by the patient's own body) begins to exert its curative effect within days, and most patients can be stabilized on such a diet plan alone, and some patients are totally cured". Besides, "Ninety- five percent of adult-onset diabetics on oral drugs could be off such drugs in less than eight weeks, and 50 to 75 percent could normalize their blood sugar and get off all insulin within weeks"

Recommendation

At this point in history, the type II adult onset diabetic clearly has a choice : Continued diabetes, insulin injections, oral drugs with their side effects, and continued dependence on the medical systems - or, freedom from disease and drugs

through the incorporation of a daily walking program and a healthy, simplified diet, which will also facilitate in weight control.

How to beat Diabetes

1. Eat more natural fiber - rich foods, simply prepared low in fats and grease and sugar. Freely use whole grain products, potatoes and pulses, solads and vegetables, and eat a substantial breakfast dairly - to curb your appetite for hours and stabilize your blood sugar.
2. Use fresh whole fruits, but not mroe than three servings a day.
3. Avoid refined and processed foods that are usually high in fat and sugar. Leave jaggery and sweet drinks alone.
4. Avoid fat,s oils and grease. If you use animal products, use them lean and very sparingly, more like a condiments and watch the fats and the ghee
5. Walk briskly daily. Two 30 minute walks everyday are ideal to help burn up the sugar in your blood.
6. Work with a physician experienced inthe effects of dietary therapy to monitor and adjust your drug needs.

Hypertension : The misunderstood disease

Hypeertension has nothing to do with nerves, although it is nerve - racking. It does not mean "hyper" or tense. Hypertension is simply another world for high Blood Pressure and it can kill you".

People with high blood pressure are three times more likely to have a heart attack, five times more likely to suffer a stroke than are people with normal blood pressure. Hypertension is not a respector of age, creed or colour but it is more common among people over 40. While hypertension is uncommon in 80% of the world's population, it is commonly found in affluent society.

What it is

It takes a certain amount of pressure to push two ounces of fresh, oxygenated blood per heart beat through the 100,000 kilometers of blood vessels in your body. Each time your heart contracts (about once every second), blood pressure (BP) in our arteries increases. Each time your heart relaxes between contractions, the pressure decreases. So, you have two blood pressure measurements, the higher (Systolic BP) during contraction and the "lower" (diastolic BP) between contractions.

When you are born, the walls of your arteries are flexible, elastic and muscular. They can easily handle the ebb and flow of normal blood pressure. Young children start the day with blood pressure of 80/40 or 90/50. In many populations that youthful pressure seldom goes above 110/70 even in people who are over 70 themselves.

The national Institution of Health of the U.S. define hypertension as any systolic pressure at or above 140 and any diastolic pressure at or above 90. And every ten points above a systolic pressure of 140 increases the risk of heart disease or stroke by thirty per cent.

Generally Speaking, the lower your blood pressure the better of you are

What cause it

Between five and ten percent of hypertension is caused by kidney disease, atherosclerosis in the kidney arteries overactive adrenal glands or adrenal gland tumors. But in at least ninety percent of the cases the precise cause is obscure, and patients are said to have essential hypertension.

There are four very definite and understandable contributing factors :

1. Salt : Salt (actually sodium chloride) is absolutely vital to life, we need only 500 mg (1/10 tea spoon) a day to stay in good health. by the time we are adults, many people are consuming 10 to 20 grams of salt a day, twenty to forty times amount we need and about 10 times more than our kidneys are designed to handle!

If we could cut our salt intake to 5 grams a day (one tea spoonful) we could solve one of our biggest health problems.

2. Arterial Plaque : There is a war going on in us now. Plaque has infiltrated our blood supply lines, fat and cholesterol have become attached to the walls of our arteries and begun to harden. As the plaque build up restricting the free flow of blood through the arteries our blood pressure goes up in trying to get food to the body. Blood pressure is always trying to help us, but if the "lines" get to narrow and the pressure gets too high we could lose the war. Getting the too narrow and the pressure gets too high we could lose the war. Getting

the excess fat and cholesterol out of our diets and our arteries would be major step towards running the war.

3. Obesity : Over weight also directly contributes to high blood pressure. Fat has to be fed too and every pound of fat requires thousands of extra blood vessels. It takes higher blood pressures to get blood through them. Understandably, obese people are five times more likely to have hypertension. Nearly everyone who is 20 percent or more overweight will eventually experience high blood pressure. It is just a matter of time. Many people have normalized their blood pressure by shedding excess weight.

4. Estrogen : An added danger to women is estrogen, a hormone used in birth control pills estrogen is a salt retainer and will ultimately cause high blood pressure in most women.

But high blood pressure can be stopped. It is not invincible.

What can be done ?

Major studies have shown that patients do not have to stay on drugs for life to control their high blood pressure, if they change their diet. The key for many is to reduce their excess weight and to reduce their salt intake of five grams or less day.

But it is salt, Salt, Salt every where !!!

Though we all recognize that some foods are high in salt like pickles, papads and chips, amazing amounts of salt are hidden in processed foods. You may not recognize the salt because it is often measured by other flavours. Condiments,

such as soy sauce and ketchup are full of salt. Almost all commercially canned vegetables are soup, or salt mines

There are myraids of invisible sources of salt, including food preservatives and flavour enhancers like monosodium glutamate (MSG), baking soda and sodium benzomate ham, sausages, bacon and even vegetarian meat substitutes made from soyabean are usually loaded with salt dietary products, especially pasteurised foods and cheese are extremely salty.

Natural foods are low in salt (actually sodium) and high in potassium, which help control blood pressure but processed foods are low potassium and sky high in salt.

Salt Content of Foods and Condiments

Food / Condiment	Amount	Salt (mg)
French Fries	1 Regular serving	250
Vanilla snake	1	500
Apple Pie	1 Slice	900
Cheese burger (fast food)	1	2000
Ketchup	3 tsp	1100
Soy Sause	2 tsp	5000
salt	1 tsp	5000

What food processing does - hidden salt

Food (natural state)	Salt (mg)
Apple (1 Fresh)	5
Potato (1 fresh, 50Z)	20
Tomato (1 fresh)	35
Milk (1 cup)	300

Food (Commercial Processed)	Salg (mg)
Apple Pie (1 slice)	900
Potato Chips (50 Z bag)	3500
Tomatosause (1/2 cup)	1950
Past cheese (2 slices)	2050

SODIUM CONTENT OF SELECTED FOODS

Food	Size Portion	Sodium (mg)
Milk	1 cup	120
Butter Milk	1 cup	280
Cottage cheese	1/2 cup	470
Pasteurized Cheese	2 slices	800
ham	10 Z	265
Salami	10 Z	300
Veg. luncheon "meats"	10 Z	375
Bacon	3 slices	630
Corn Flasks	1 cup	400
Potato Chips	15-2"	300
Tomato Juice	1 cup	500
Ketchup	3 tbsp	565
Tomato sause	1/2 cup	830
Soy sause	1 tsp	1000
salt	1 tsp	2200

(The daily sodium intake should not exceed 2000mg = 5000 mg of salt)

How to lower your blood pressure

1. Substantially lower salt intake
2. Avoid processed and fast foods high in fat and salt
3. Avoid empty calories such as fats, oils and sugar
4. If you eat animal products like cheese and meat, learn to use them sparingly
5. Lose excess weight, reduce alcohol consumption
6. Eat plenty of natural foods, simply prepared low in fats and salt but usually high in potassium freely use whole grain products potatoes and legumes, Salads and vegetables and don't forget the fruits !
7. Walk briskly daily. Progress to 30 to 60 minutes daily.

8. If you are using blood pressure medications, ask your doctor to help you incorporate diet therapy and appropriate life style changes into your program. Your doctor can give you careful supervisions in adjusting your drug dosage - as you eat and exercise your way out of hypertension.

GOOD SOURCES OF SELECTED NUTRIENTS.

NUTRIENT GOOD VEGETARIAN SOURCES

Vitamin A	Milk and Milk products. Dark green and yellow Vegetables, such as all green leafy vegetables, beans, yellow pumpkin, Carrots, Tomatoes, Yellow Fruits like Mango, Papaya.
Vitamin B	Whole grain Cereals, Green leafy Vegetables, Milk, Legumes, Potatoes, Peas, Beans, Yeast.

Vitamin C	Fruits : Lemons, Oranges, Grape Fruit, Strawberries. Vegetables : Potatoes, raw cabbage, Tomatoes.
Vitamin D	Direct sun shine, butter.
Iron	Legumes, Whole grain cereals and bread, Green leafy vegetables, Dried fruits like apricots, figs and brown rice.
Calcium	Green leafy Vegetables, whole grain cereals, especially ragi and citrus fruits, skimmed milk and milk products.

FIBER FOODS

Fiber is the indigestible part of vegetables, fruits and grains, which provides bulk to the food and thus plays a vital part in facilitating proper bowel function. Studies have shown that fiber rich diets help in diabetes in that they stabilize blood sugar levels : they lower blood cholesterol levels and are associated with lower rates of colon cancer, diverticulosis, constipation, hiatus hernia and haemorrhoids. Studies have shown that 80% of haemorrhoidal surgeries could be avoided, if patients would increase their fiber intake.

From where do we get Fiber ?

Almost all the fiber comes from natural, unrefined, unprocessed food such as fruits, vegetables, legumes and whole grain products. Fiber is lost when food is processed and refined as in pasta, rice, bread, maida, which are low in

fiber. Dairy products, eggs and meat have no dietary fiber no matter how tough and fibrous it may appear.

GOOD SOURCES OF FIBER

Fruits	Apples, Bananas, berries, oranges, dried figs, pears, dates, apricots, mealons, mangoes.
Vegetables	Peas, potatoes, sweet potatoes, beetroots, all green leafy vegetables, beans, carrots etc.
Legumes	Dried whole pulses like rajma, whole mung and soyabeans, sprouts.
Grains	Whole wheat, bajra, ragi, jowar oats, corn etc.

FOODS CONTAINING APPROX. 100 CALORIES.

CEREALS

Rice	1/2 cup
Chapaties	2
Bread	2 slices
Idlies	2
Dosas	2 small (without oil)
Noodles	1/2 cup
Ragiball	1 medium size

QUANTITY

PULSES

Thin dal	1 cup
Thick dal	1/2 cup

VEGETABLES

Green leafy or salad	1/2 cup
Vegetables	
Potatoes	2 small
Others	1/2 cup

FRUITS

	QUANTITY
Most fruits	1
Banana	1
Chikoo	1
Orange / Musambi	2

Egg/Meat/Poultry

Eggs	2 small
Keema	1/2 cup
Chicken breast	75 grams
Fish	75 grams
Lamb chops	50 gms.

Dairy Products

Milk whole	1/2 cup
Milk skimmed	1/2 cup
Curd	1/2 cup
Butter, Ghee	10 gms.
Paneer	4 table spoons

SWEETS

	QUANTITY
Sugar/Jaggery	2 table spoons
Soft drinks (aerated)	1 bottle
Pudding	1 small helping
Custard	1 cup
Rasagullas	2
Gulab Jamoon	2
Ice Cream	1 small helping

ALCOHOLIC BEVERAGE

Beer	1 Glass
Whisky or gin	45 ml.
Wine	100 ml. (1/2 glass)

NUTS

Fresh coconut	20gms.
Ground nuts, Walnuts	15 gms.

THE OPTIMAL DIET

Nature of food	Foods to use	Foods	Avoid / Restrict
Cereals	Use whole grains like		Restrict the use of refined wheat, rice, ragi, corn, grain products like maidacracked wheat, jowar, and maida product (white Oats, millet, barelybread)
Pulses and Oats	Use freely, espically		Soyabeen based meat in sprouted forms substitutes
Vegetables	Use freely, fresh as far		Avoid vegetables cooked for as possiblein a lot of oil and gravy.

Fruits	Use freely : fresh fruits	Canned fruits in syrup use sparingly : fruit drinks, dried fruits, because they are calorically concentrated
Dairy products	Skimmed milk and	Restrict use of cheese, ice butter milk and skimmed cream, Khoa, Condensed milk curdsmilk
Eggs	Egg white only small portions only :	Egg Yolk Meat if you insist use Park, Fatty meat, sausages, liver, bacon chicken without skin lean meat, fish
Fats	use minimally only :	All fats and oils, especially oil of gingelly, sunflower, ghee, butter, dalda, palm oil, corn, groundnut. The less coconut oil. Avoid fried foods the better !
Sugar products	Keep to a minimum	Restrict all sweets like The less the better halvas, jam, jelly, Cokes, Pastries, Soft drinks, Puddings, Chocolates
Miscellaneous	Drink plenty of water	Restrict use of tea and use nuts only very coffee. Avoid alcohol. Keep sparingly because of the use of salt to a minimumhigh fat and caloric content.



పొప్పుటెచీస్

గులంచి మీరు తెలుగుకోవేలసించి విమిటీ అంటే జాండిస్క్స్

అట ట్రైథాన్ కారీణం అని

ప్ర. పొప్పుటెచీస్ ఎ అంట ఏమిటి ?

జ. పొప్పుటెచీస్ ఎ అనేది కాలేయానికి వచ్చే ప్రబల వ్యాధి. అది పొప్పుటెచీస్ ఎ నైరన్ ఇన్ఫెక్షన్ వల్ల వచ్చే జబ్బు. ఈ నైరన్ మలంలో విస్తృతంగా శాకలే ఓరల్స్ రూత్లు ద్వారా ప్రధానంగా ఇది వ్యాపిస్తుంది.

ప్ర. ఈ ఇన్ఫెక్షన్కు తేడుడే మూల కారణాలు ఏవి?

జ. అవరిత్తు నీరు లేక అహారము. ముఖ్యంగా పచ్చివి మరియు అరకొర వుడికించిన అహారము, కుటుంబంలోగాని, స్క్రోళ్లోనూ లేక పనిచేయుచేట ఈ వ్యాధి సోకిన వారితో కలని అంటుకుతిరగడం వలన ఈ వ్యాధి ఇతరులకు సోకుతుంది.

ప్ర. పొప్పుటెచీస్ ఎ ఇన్ఫెక్షన్ ఎంతవరకు అపాయికరము ?

జ. ఈ ఇన్ఫెక్షన్ యొక్క తీక్షణక లోగి వయసును బట్టి వుంటుంది. వ్యాధి లక్షణాలు చిన్న పిల్లలలో కంటే యొవన దశలోను మరియు యుక్తవయస్సు వారిలో ప్రధానంగా కనిపిస్తాయి. వ్యాధి లక్షణాలు 6 వారాలనుండి ఓవెలల వరకు వుండి, ఈ సమయంలో సంఘార్ధవిత్రాంతి అవసరమవుతుంది. హస్పిటల్లో చేరువలసిన అవసరముగూడ ఏర్పడవచ్చు. దీనివల్ల ఇతర సమస్యలు వుక్కన్నముకావు కాని అప్పుడప్పుడూ ఆలా జరుగవచ్చు. 20% లోగుల్లో ఈ వ్యాధి పిరిగి ముమ్మిరించుటకు అవకాశమున్నదని గమనించడమైనది.

ప్ర. పొప్పుటెచీస్ ఎ యొక్క వ్యాధి లక్షణాలేమిటి?

జ. ఈ వ్యాధి లక్షణాలలో ముఖ్యంగా అసహాయము, డోకు, కళ్లు, చర్మము మరియు మూత్రము పచ్చగా మారడము (పచ్చ కామెర్చు), విరేచనాలు, మలముయొక్క రంగు

పాలిబోవడము, కడుపులో నొప్పి, ఆయసము, బడలిక, జ్యోరము, చలి, ఆకలి సుదగించడము, గొంతువాపు మొదలగునవి.

ప్ర. హాప్టైలీన్ ఎ నుండి రక్తించుకోవడం ఎలా?

జ. ఈ వ్యాధి నుండి తప్పించుకోవడానికి అనుషరించవలసిన సరియైన మార్గము వ్యక్తిగతంగాను, సాంఖ్యికంగాను చక్కటి పరిపుఫ్రతను పాచేంచడము. ప్రస్తుతము ఈ వ్యాధినుండి దీర్ఘకాల రక్తాకు వాక్సినేషన్ (సూది మందు) లభించుచున్నది.

ప్ర. నేను హాప్టైలీన్ ఏ అనేవి రెండు వాక్సినేషన్ వేయించుకున్నాను, అప్పుడు నాకు హాప్టైలీన్ ఎ నుండి కూడ రక్తాకు లభిస్తుందా?

జ. లేదు హాప్టైలీన్ ఎ మరియు హాప్టైలీన్ ఏ అనేవి రెండు ఏధిన్న శైరసిల ద్వారా వ్యాపించే విధిన్న వ్యాధులు. హాప్టైలీన్ ఎ లాకాక, హాప్టైలీన్ ఏ లైంగిక సంబంధం వలన, తల్లినుండి అప్పుడే పుట్టిన విధ్యకు రాగల రక్తం ద్వారా వ్యాపించే శైరసిల. జాండిన్ (పచు కామెర్లు) హాప్టైలీన్ ఎ మరియు హాప్టైలీన్ ఏ రెండించిక ఏక వ్యాధి కారణంగా పరగడించబడుచున్నది.

ప్రజారోగ్య అవగాహన నిమిత్తము ప్రమరించినవారు :

కె. భావేంద్ర్ క్రీడ్

ఉపాధ్యక్షులు

ఎన్కభారతి

(స్వ్యచ్ఛంద సేవ సంస్థ)

1-8-75,

ఆర.క.నగర్,

ఆల్యాల్,

సికింద్రాబాద్-10.

ఫోన్: (O) : 6320207, 6320208.

ఎయిడ్స్ అంటే...

పత్రికలు, చీటిలు, రేడియాలు, కటోట్లు, బాసర్లు కరపల్లాలు ఇంకా అనంఖ్యాకమైన పలు ప్రదార సాధనాలు హోరెత్తిస్తూ ప్రజలను సైతంపంచులను చేయాలని చూస్తున్న ఏకైక అంశం... ఎయిడ్స్. అతి గమ్మతయిన విషయం ఏమిటంపే నిరక్షరాసులైన గ్రామీణ ప్రాంత వాసులేగా నవనగరిక సమాజానికి ప్రతినిధులగా భావిస్తూ పాశ్చాత్యులను ప్రతి విషయంలోనూ అనుకరించే విద్యాధికులైన నగరజీవులు సైతం ఈ భయంకరమైన వ్యాధివట్లు సరైన అవగాహనసు పేంపొందించుకోవటంలో ఫోరంగా విశులమపుతున్నారని చెప్పక కప్పని విషాదకర పరిస్థితి నెలకొని ఉంది.

ఇంతకూ అనలు ఎయిడ్స్ అంటే...

కేవలం లైంగికపరమైన ఒక ముఖ వ్యాధిగా ఈ ఎయిడ్స్ వ్యాధిని అభివర్షించవచ్చు. (పౌడ.ఐ.వి.) పొందున ఇమ్మూన్ డెఫిసిట్యూని అనే వైరస్ ద్వారా ఈ వ్యాధి సంక్రమిస్తుందని మాంటాగ్స్‌ర్ అనే ప్రభ్యుత్ ప్రైంచి కాప్రెట్ 1983లో కనుగొని ప్రపంచ మానవాళిక మహాప్రకారం చేసాడు. ఎలిసా పెస్ట్ ద్వారా ఈ వ్యాధిని గుర్తించే ప్రక్రియ మరిక్క సంవత్సరానికి అంటే 1984లో రూపొందించారు.

కాగా వేళ్ళా సంపర్కం, చెడు తిరుగుబు వంటి కారణాలవలనే ముఖవ్యాధులు సంక్రమిస్తాయిన్నది జగధ్యాధితం. అయితే కేవలం ఈ కారణాలవల్లనే గాక, ఇంకా అనేక కారణాలవలన సంక్రమించి మానవాళిని విర్యుర్యవరచి, కబించగల మృత్యువుగా ఈ ఎయిడ్స్ వ్యాధిని పేర్కొనవచ్చును.

ప్రధానంగా ప్రక్కతి విఱుడ్లమైన లైంగిక వివ్యాసాలు, విచ్చులవిడి శృంగారాలు, సురక్షితమైన పద్ధతులు విడునాడి చేసే వేళ్ళా సంపర్కాలు ఎయిడ్స్ వ్యాధికి సిపాసమార్గాలన్నది విర్యవాదాంశం. కేవలం ఈ అంశాలవట్లు జాగరూకత వహించినంత మాత్రాన ఎయిడ్స్ ని వారించగలమనుకోవటం దురాక్ష అవుతుంది.

ప్రక్కతి విఱుడ్లమైన లైంగిక ప్రవృత్తులు అంటే తెస్సియున్, హోమోసెక్స్‌వర్ల్ వంటి స్వయాపి సంపర్కాలు ఖచ్చితంగా ఎయిడ్స్ వ్యాధికి మూల కారణాలవుతాయి. ఈ విధమైన లైంగిక ప్రమృత్యులను స్వేస్తి పలరటం అనివార్యం.

ಇಕ ವೇಣ್ಯ ಸಂಪರ್ಕಂ ಸರ್ವದಾ ಅನಶ್ವದಾಯಕಮನಿ ಗುತ್ತಿಂಚಟಂ ಶೈಯನ್ನರಂ. ತಮ್ಮನಿ
ಪರಿಸ್ಥಿತಿಲ್ಲ ಮಾನವ ಸಹಜಮೈನ ಐಲ್ಹಿನತಲನು ಅಧಿಗಮಿಂಚತೆನಿ ಪರಿಸ್ಥಿತಿಲ್ಲದ್ವಾರೆ...
ಮಾರ್ಪಾಟ್ಯಿಲ್ಲ ಲಭಿಂಬೆ ನಾಣ್ಯಮೈನ ಕಂಡೊಮುಲನು ವಾಡಟಂ ತಮ್ಮನಿವರಿ. ಕೇವಲಂ ಕಂಡೊಮುಲ
ವಾಡಿನಂತ ಮಾತ್ರಾನ ಎಯಿಟ್ಟಿ ಬಾರಿನ ಪಡಮನೆ ಗ್ಯಾರಂಟಿ ಏಮಿಲೆಡು. ಕಂಡೊಮುಲನು ತಡಿಗೆಟ್ಟಿದ್ದು
ಶೆದಾ ಸಂಭೋಗ ಸಮಯಂಲ್ಲಿನಾ ಕಂಡೊಮು ಚಿರಿಗೆ ಅವಕಾಶಂ ಶೆಕಳಿಶೆದು. ಅಲಂತಿ ವಿವರು
ಸಂಭವಿಂಚಕುಂಡ ಮುಂದುಜಾಗ್ರತ್ತ ವರ್ಷಿಂಚಡಂ ಮುಂದಿಂದಿ. ಎಲಾಗಂಬೆ ಒಕ ಕಂಡೊಮುನು ಜಾಗ್ರತ್ತಗಾ
ಲಿಂಗಾನಿಕಿ ತಡಿಗಿನ ಅನಂತರಂ ಅದನಂಗಾ ಮರೆಕ ಕಂಡೊಮುನು ಜಾಗ್ರತ್ತಗಾ ಹಾಡಾಲಿ. ಇಲಾ ಚೆಯಡಂ
ವಲನ ಎಯಿಟ್ಟಿಬಾರಿನ ಪಡಕುಂಡ ರಕ್ಖಣ ಪಾಂಡೆ ಅವಕಾಶಂ ಇಂದಿ.

ಪ್ರಕೃತಿ ವಿರುದ್ಧಮೈನ ಶೈಲಿಗಳರ್ಯಲಕು ಪಾಲುಡರುಂಡಾ. ವೇಣ್ಯಸಂಪರ್ಕಂ ಶೈಲಂಡ
ಗಾರವತ್ವದಮೈನ ಜೀವನಂ ಗಡುಪುತುನ್ನ ವಾರು ಸೈರಂ ಈ ಎಯಿಟ್ಟಿ ಬಾರಿನ ಪಡಟಂ ಗಮನಾರ್ಥಂ.
ಸೈರಿತ್ವನೆ ಚೆಯನಿ ಸಿರಂಜೀಲ ದ್ಯಾರಾ ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಗ್ರಸ್ತಿಯ ಇಂಜಕ್ಕನ ಚೆಯಿಂಮುಕುನಿ, ಅದೆ
ಸಿರಂಜಿ ದ್ಯಾರಾ ಮರೆ ಅರೆಗ್ಯಾವಂತುಡು ಇಂಜಕ್ಕನ ಚೆಯಿಂಮುಕುಂಬೆ ದಾಲು. ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿ
ಸಂಕ್ರಮಿಂದಿನಷ್ಟೇ. ಅಲಾಗೆ ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಕ ಗುರ್ತಿನ ವ್ಯಕ್ತಿ ಪ್ರೇರಿಂಗೆ ಚೆಸುಕುನ್ನ ಬಾರ್ಗರ ಪೊಸ್ಟ್‌
ಅರೆಗ್ಯಾವಂತುಡೈನ ವ್ಯಕ್ತಿ ಪ್ರೇರಿಂಗೆ ಚೆಸುಕುನ್ನಾದಾಲು. ಇಕ ವ್ಯಾಧಿ ಸಂಕ್ರಮಿಂದಿನಷ್ಟೇ. ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿ
ಸೆಕಿನ ವ್ಯಕ್ತಿ, ಆ ವಿಷಯಂ ತೆಲಿಯಕ ಮರೆ ವ್ಯಕ್ತಿ ಸೈರೆನ ಪರೀಕ್ಷೆಶೆವ ಚೆಯಿಂಚಕುಂಡಾನೆ ರಕ್ತನಿನ್ನ
ದಾಸಂ ಚೇಸ್ತೇ ತದ್ಯಾರಾ ಸೈರಂ ಈ ವ್ಯಾಧಿ ವ್ಯಾಪಿಸ್ತುಂದಿ. ವ್ಯಾಧಿ ಸೆಕಿನ ವ್ಯಕ್ತಿತ್ವ ದಾಂಪತ್ಯನುಂಂ
ಅನುಭವಿಂದಿನ ಗ್ರೀಕಿ, ಅಮೆ ಗರ್ಜಂಡಾರಿಸ್ತೇ. ಪುಟ್ಟಬೋಯೆ ವಿಧ್ಯಕು ಸೈರಂ ಈ ವ್ಯಾಧಿ ವ್ಯಾಪಿಸ್ತುಂದಿ.

ಇನ್ನಿ ವಿಧಾಲಗಾ ವ್ಯಾಪಿಸ್ತುಂದಿ ಗನಕೆ ಈ ವ್ಯಾಧಿ ಪಟ್ಟಿಪ್ರವರ್ಪಂಚಮಾನವಾದಿ ಭಯಾಂದೆಳನಲಕು
ಗುರವುತ್ತೇಂದಿ. ಮರೆ ಆಶ್ವರ್ಯಕರಮೈನ ವಿಷಯಂ ಏಮಿಟಂಬೆ ಇತರ ವ್ಯಾಧಿಲಳಾ ಈ ವ್ಯಾಧಿ
ಲಕ್ಷಣಾಲು ಅಂತ ತ್ಯರಗಾ ಬಯಟಪಡವು ದಿಂತೆ ತನಕುನ್ನ ಜಾಬ್ಯ ಗುರಿಂಬಿ ಏಮಾತಂ ಶರೀವ
ವ್ಯಕ್ತಿ ತನಕೆಪಾಟು ಮರಿಂತ ಮಂದಿನಿ ಶಾಪ್ರಸ್ತಿಲನು ಚೆಸ್ತುನ್ನಾಡು. ದಾದಾಸು ಏಡೆಳ್ಳಿಯಾನ ವ್ಯಾಧಿ
ಲಕ್ಷಣಾಲು ಬಯಟಪಡನಿ ರೆಗುಲ ಸೈರಂ ಈನ್ನಾರ್ಂಟೆ ಸಮೃಶಕ್ಯಂ ಕಾಡು. ಕಾನಿ ಇದಿ ಯಾದಾರ್ಥಂ.

ಎಯಿಟ್ಟಿ ವ್ಯಾಧಿಕಿ ಚಿಕಿತ್ಸೆಶೆದು.

ವಿಧಾರಣೆ ಪರಿಣ್ಯಾಂ.

ತಸ್ಮೈತ ಜಾರ್ತತ್.

- ಕ. ಮಂದರ್

ఆరోగ్య జీవనాసుకి సేరిపోనెం

'యొగా'

ప్రపంచ వ్యాప్తంగా జ్యోతిలు అందుకుంటున్న ననాతన భరతియ సంపదగా 'యొగా'ను అభివర్షించటం ఏ మాత్రం అతిశయోక్తికాదు. వెలితలలు చేస్తున్న నవవాగరిక వ్యవస్థ, వ్యాయాహాలు, విషులవిడిగా అందుబాటులో ఉంటున్న మాధకద్రవ్యాల వినియోగం, అస్థిల సాహిత్యం, యువతను పెదదారి పట్టిస్తున్న విషులవిడి లైంగిక వివ్యాపాలు, పొంచిఉన్న ఉద్రవాదం, అసాంఖ్యిక శక్తుల విజృంభక, విలయకాండవం చేస్తున్న కరువు, దుర్శికం, చేజారులున్న నిరుద్యోగం, నిరక్షరాస్యశలు ప్రపంచవ్యాప్తంగా ప్రజల మనుగడకు పేను నవాలుగా పరిణమించాయి.

ఈ నేపథ్యంలో మానసిక, శారీరక సమతుల్యానికి, అరోగ్యానికి మహాత్మలైన ఒక బెముం అత్యవసరంగా వరించించటం అనివార్యమయ్యాడి. ఈ జాధ్వాలన్నింటికి ఏకైక ప్రశ్నామృయంగా 'యాగవిద్య' కీలక పాత్రమను నిర్వహించటం ఆహ్వానించదగ్గ పరిచామం. శరీరానికి సమన్వయశర్దూ వ్యవహరిస్తుంది యాగవిద్య.

సహజంగానే మన శరీరం అత్యంత శక్తివంతమైన యంత్రమాహమని చెప్పవచ్చును. రక్తప్రసరం, హృదయస్పందనల సమేళనమే మనిషి అరోగ్య, అనారోగ్యాలను ప్రభావితం చేస్తాయి. ఈ రెండు త్రుక్కియలను నియంత్రించి జ్ఞావక శక్తిని, గ్రహణశక్తిని, ధారణ శక్తిని పెంపాందిపచేసి మనిషిని పరిశ్రాంత అరోగ్యవంతునిగా, దీర్ఘయువుగా చేయగలశక్తి ఒక్క యాగవిద్యకే ఉండటం గమనార్థం.

మాలికమైన కొన్ని నియమాలను పాటిస్తూ యాగవిద్యను మళ్ళిక్కితులైన ఆచార్యులవద్ద అభ్యసించి ఆచరిస్తే కలిగే సత్కరితాలు అధ్యితీయం. శ్యాస, నిశ్యాసాలే మనిషి జీవితానికి అత్యంత కీలకమైనవి. కాగా ఈ శ్యాస నిశ్యాసలను ఒక క్రమమధ్యతిలో ఆచరిస్తే గణనీయమైన, శాప్తియమైన మార్పులను, తద్వారా అరోగ్యపథంలో ప్రగతిని సాధించవచ్చు. శారీరక, మానసిక ప్రశాంతతను, అరోగ్యాన్ని సాధించే దిశగా చేసే విధి 'యాగ' ప్రక్రియలను మనం 'యాగాసూలాలే పురుత్త' వ్యవహరిస్తున్నాం. దేదీవ్యాపానమైన ముఖవర్గము, తేజమ్ము, దీర్ఘమైన ఆయుష్ము, అరోగ్యప్రదమైన జీవనాన్ని ప్రసాదించే అద్భుతమైన దైవిక సంపదగా యాగవిద్యను సనాతన ప్రైండవేతిపాలు ఉధోవిస్తున్నాయి. అశ్వదకరమైన మానసిక అనందాన్ని, చురుకైన వ్యవహర సరళిని అందించటంలో యాగవిద్యను మించింది లెడు.

మాంచార్యులవద్ద ఒక్కసారి అభ్యసింపచి అనుంతరం ఔన్సా ఖర్జుపేకుపడా ప్రతి ఒక్కఱు యాగవిద్యను తమ ఇంటి వద్దనే అభ్యసింపచచు.

ఇన్ని అధ్యాత్మమైన ఫలితాలను సాధించగల ఈ యాగవిచ్ఛ్య మీ జీవితాన్ని పురోగతిలో పయనింపచేయాలంటే ఖచ్చితంగా కొన్నియియమాలను పాటించితాలి. కన్ని నిషపథనలను ఉభాంఘించరాదు. ప్రశాంతమైన వాతావరణంలో, రణగాం భ్యాసులలు చూరపగా స్నానమాచరించి 'యాగ చేయటం నర్సోత్తమ ఫలితాలను సాధించటానికి సులువైన దారి అని అనుభవజ్ఞులైన యాగా చార్యుల అభిప్రాయం. పంట పొలాలు, సెలమ్ములు, సది ఒచ్చున, చెటువుగట్టు ప్రాంతం, ఎత్తున కొండల సదుమ, ఆదుబుయలులో 'యాగ'ను అభ్యసింపచుట చాచ్చు ఔవపాన్నిభ్యాసిన్న కాంక్రీంచే తాపసోత్రముల తపోభూమిక థైలైనవి. రాగ ఈ ప్రాపత్తాలని; రాకచేయా క్రైనా గ్రామిణ ప్రజలరు అందుబాటులో ఉన్నప్పుటికి, రాబ్బీటు జపగిల్గా భాసియై చెంచి సగరవాసులకు మాత్రం ఇలాంటి ప్రాంతాలను అశించటట చురాశే కాచు అసుపచుపు రూచా. అపదుకే ఇంటి భాబుల పైన, ఇంటి పెరట్టగాని తెల్లవారుభూమున 4 సుపటి 6 గెపటల మచ్చు 'యాగ అచరించటం సముచితం.

ప్రీ, పురుష వయో పేధం తేకుండా ఎవరైనా 'యాగ అభ్యసింపచి అచరించచు. అయితే మహిళలు మాత్రం 'ఖుతు సమయపాలో' 'యాగ సు అచరించక పాశే మంచిది. అలగే నెలలు నిండిన గర్జించి ప్రీలు సైతం 'యాగ సు అచరించకూడదు. సాధారణంగా ఈ సమయంలో అనవసరస్త విచారులు, భయాంశేఖసలతో ప్రీ మనస్సు కల్పలసాగరచుపుకుపచి. కిందికి కారిక రుగ్గుతలు సైతం వేదిస్తుంటాయి గనుక ఈ సమయాల్లో 'యాగభ్యాసప నిషీధమని గుర్తించటం తేప్పం.

'యాగభ్యాసం వివిధ రీతుల అవాల సమ్ముఖసమని గుర్తించాలి. వివిధ రకాలు 'యాగ సనాలు ప్రత్యేకమైన ప్రయోజనాన్ని సాధించేందుకు ఉద్యోగించబడ్డాయి. కసుక 'యాగభ్యాసం ప్రారంభించేముందు ద్రవ, ఘనవద్దాలను అపోరంగా స్వీకరించకూడదు. నిషీధమే, అతినిద్ర, మారకద్వారాల వినియోగం వంటివి 'యాగభ్యాసానికి ప్రతిబింభాకాలు. కిందీల మారిగి, ప్రాందయ సంబంధమైన రోగపీడితులు 'యాగభ్యాసం జోలికి పొరుపచేసే మంచిది.

ఈ కన్నిన నియమాలను పాటిస్తూ యోగభ్యాసప చేస్తే రోగాల బారిసుంది తచ్చించుకోవటమే గాక సుఖప్రదమైన దీర్ఘయుమ్ము మీ స్వంతం అచ్చుటట భాయం.

పర్మైట్ నా సుఖిపోక్కుపంతు

- బయులుతీ కె.

అవేర్కు అంకురార్పణ...

మాధవ్ మాటల్

అవేర్ షైర్స్ ఫ్యూచియుట్టించి సెట్ డ్యూఫ్ విస్ 1944 నవంబర్ 10న కెరళలోని పుదుకోడులో ఓ ఉన్నత కుటుంబంలో జన్మించారు. మాధవ్ తండ్రి ల్రిటీష్ ఆర్టీలో ఉన్నతాధికారిగా పనిచేసారు. సాగర్ యూనివరిటీలో అంత్రోపాలజీలో పి.ఇ.జి. చేసిన మాధవ్ 1964లో సివిల్ సర్కిస్సెన్కు ఎంపికయ్యారు. 1965 అస్థాం కెడరీల అస్టోప్సింట్ కమీషనర్గా ఉద్యోగ బాధ్యతలను చేపట్టారు.

అయితే చిన్నపుటీనుంచి సేవాభావం అలవర్పుకున్న మాధవ్ ను ప్రఘుత్వోద్యోగర్థ ద్వారా ప్రజలకు చేరువ కాలేనని గ్రహించి ఉన్న పశంగా ఉద్యోగాన్ని ఎదిచిపెట్టి రిపిక్చె, గంగోత్రి తదితర ప్రాంతాలకు వెళ్లి సన్యాసి జీవితాన్ని స్వీకరించారు. అయితే మూడు సంవత్సరాల అనంతరం వశిష్ట గుహలో ఉన్న మాధవ్ కు నచ్చజెపిగా ఆయన కుటుంబం ఖ్యాలు వెనక్కుతీసుకువచ్చారు. అంధ్రప్రదేశ్ వచ్చారు.

గిరిజనుల జీవన విధానాన్ని పరిశీలించేందుకు మహాబోసగర్ జిల్లా అప్రాభాద్ వెళ్లిన మాధవ్ ఆక్రూడి గిరిజనులకు ప్రఘుత్యసాయం అందకుండా దళారులు ఏ విధంగా రాజేస్తున్నది స్వయంగా గమనించాక తానే ఒక సేవాసంస్థను స్థాపించి గిరిజనుల్లో చైతన్యం తీసుకురావాలన్న పట్టుదల ఏర్పడినట్లు మాధవ్ నే తెలిపారు.

ఇందులో భాగంగానే 1975 నవమిల్కర్ 5న మహాబూబ్ సగర్ జిల్లా ఆముసుగల్లు మండలంలోని రాంనూతల గిరిజన తప్పదాలో అవేర్ చేరుతే స్విచ్చిపద్మోవా సంస్థను ఏర్పాటు చేశారు. ఆవాడు చిన్న కుగ్రాములలో ప్రార్థనాశాసన అవేర్ చేపు చండలాది గ్రామాలకు అన్ని విధాలా నీడనిస్తుందని మాధవర్ గత్యాగా చెప్పారు. 1976లో ఆప్సైలియాకు చెందిన కమ్యూనిటీ ఎయిడ్ ఐల్యూడ్ (సిఎఎ అధినేత దాక్షర్ పెబ్) అనే సంస్థ ద్వారా 13వేల 500 రూపాయల మొట్టమొదటి పిచ్చే సాయాన్ని అందుకున్నట్లు మాధవర్ తెలిపారు.

మంచిని పెంచెందుకు ముందుకు చచ్చిన జీవర్ కే కొరడా చెబ్బులు, శిలవ శిక్క తప్పయేదు. అదే విధంగా తెలినాళ్లలో గిరిజనుల సుఖపా ఏన్న కష్టానిమ్మారాలను ఎదుర్కొనలసి వచ్చిందని మాధవర్ తెలిపారు. ఆవాడు తిచ్చురిపచిన గిరిజనులే నేడు అవేర్ తమ ఛివితాల్లో వెలుగును నిప్పే కొండపత అండగా భావిస్తున్నారని ఆయన అన్నారు.

తమ అవేర్ సంస్థ ఏ గ్రామానైనా పది సంవత్సరాల పాటు దక్కత తీసుకొని అన్ని విధాలుగా ఆ గ్రామం స్వయం సమృద్ధిని సాధించెందుకు తెడుడుతుందని చెప్పారు. తాను సచ్చిదీలకు వ్యతిరేకినని, సచ్చిదీలు మనిషిని సమరితసం సైపు మళ్ళిస్తాయని అయినఱన్నారు. ఎవరో వస్తూరని ఏదో చేస్తూరని కాకుండా నీకు చేతనైనంతలో చిన్న దీపం వెలిగించి పరిసరాలకు కాంటిని ప్రసాదించాలన్న తపనతే అలుపెరుగని యోధుడిలా ఆచ్చులకు సేవలుందిస్తున్నారు మాధవర్.

సమాజసేవల వివేకభారతి

సాటి మనిషి ప్రాణాలు కాపాడేందుకుం చేబట్టి ప్రతి చర్యా మహోన్నతమైన ఏ యజ్ఞానికి తీసిపోదని సనాతన ప్రాందచేతిహసాలు ఉద్ధోషమైనాయి. ఈ ప్రభోధనలను స్వార్థిగాతీసుకొని 1992వ సంవత్సరం స్వాతంత్య పర్యాదినం ఆగస్టు 15న ప్రారంభమైన స్వచ్ఛందసేవ సంస్థ 'వివేకభారతి'.

నిజానికి స్వచ్ఛంద సేవ సంస్థలు నేడందిస్తున్న సేవలు నిరుపమానమైనవి. వివిధ సామాజిక సేవ సంస్థలు పలు కీలకమైన సేవలందిస్తున్నాయి. వివిధ ప్రాణాంతకమైన వ్యాధులను గూర్చి సమగ్రమైన ఎవరాలను, అవగాహనను వ్యాధినివారణ చర్యలను ప్రజలకు వివరించటం వంటి కార్యక్రమాలను చేబట్టి సమర్థవంతంగా నిర్యపొంచి ప్రశంసలను అందుకుంటున్నాయి.

వైద్య శిఖిరాలను నిర్యపొంచటం, పరిసరాల పారిషధ్యం, వాతావరణ సమతుల్యాన్ని పాటించటం వంటి కార్యక్రమాలు కొన్ని సంస్థలు చేబడుతున్నాయి.

ఈ సంస్థల కార్యక్రెలికి భిన్నంగా తనదైన వధివిధానాలతో సేవ పరమాపదిగా దూసుకుపోతున్న స్వచ్ఛంద సేవ సంస్థ 'వివేకభారతి'. మనిషికి అత్యంతకీలకమైన సమయంలో ప్రాణాలుపోసి, సాటి మనిషి ప్రాణాలు కాపాడగల మహాత్మర శక్తి ఒక్క రక్తానికి మాత్రమే ఉంది. సరైన సమయంలో సరైన గ్రూపురక్తం అందకపోతే రోగి ప్రాణాలు అనంత వాయువుల్లో కలిసిపోవటం అత్యంత సహజమైన పరిణామం. ఈ పరిణామాన్ని దాని తీవ్రతను గుర్తించి, సానుకూలంగా సృందించి, తదనుగుణంగా సంతృప్తాల తరబడి అకుంరిత దీక్ష, నిస్యార్థ పరాయణతతో వ్యవహరించటం 'వివేకభారతి' ప్రత్యేకతలు.

రోడ్చు ప్రమాదాలు, అగ్నిప్రమాదాలు, ఘవనాలు రూలిపోవటం, కరెంటు షాకు, గర్జుటీస్టీలకు ప్రసవం, గర్జుశాపం, కిడ్నీ మార్పిడి (Kidney Transplantation), పలు రకాల శత్రు చికిత్సలు ముఖ్యంగా హృదయ సంబంధమైన శత్రుచికిత్సలు - ఇలా అసపథ్యాకమైన పలు అంశాలలో రోగి ప్రాణాలు కాపాడటంలో కీలకపొత్తును నిర్యాహించేది రక్తం మాత్రమేనవటం అతిశయోక్తికాదు.

కనుకనే లక్షలాది రూపాయల వ్యాపారం రోగునవ రక్తంసైననే కేంద్రీకృతమై ఉండటం అత్యంత నమాజమైన వరిణమంగా అభివర్దించవచ్చు. సాధారణంగా ప్రభుత్వ ఆసుపత్రులలో 'రక్తనిధి' (Blood Bank) ఉంటుంది. అయితే ఇక్కడ చేరే రోగుల సపథ్యరు, వారికి అవసరమైన రక్తపు యూనిట్ల సపథ్యరు, స్వేచ్ఛపదంగా రక్తదానం చేసే దాతల ద్వారా స్వీకరించిన రక్తపు యూనిట్లరు మధ్య పొత్తు తుదరటం లేదు. దీంతే ప్రభుత్వ ఆసుపత్రుల రక్త నిఘటలలో ఓప్రమైన కారత ఎష్టుడూ ఉంటునే ఉంది. ఈ నేపథ్యాన్ని కొన్ని ప్రయుచ్చేటు జ్ఞాద్ బ్యాపకులు వేలాది రూపాయలను రోగివరిహారం దగ్గర గుబంధానికి చూచే ఆనక్కితే వందేవంతు రూడా రోగికి అపదించే రక్తపలో ప్రాణాపత్రమైన రోగ కారక క్రిములున్నాయి అని పరీక్షించడంలో ఆనక్కి చూపడం లేదు. ఇది బాల విచారకరపరిణామం.

ఈ పరిస్థితిలో ప్రభుత్వ ఆసుపత్రులలో రక్తపు కారత నివారణకు తనవంతు సాయాన్ని అపదించేందురు నడుం కట్టింది 'షివీకథాశం'. అసంఖ్యాకంగా స్వేచ్ఛంద రక్తదాన శిఖిరాలను చలు వ్యయప్రయోగంలక్కి నిర్యాహించింది. ఈ శిఖిరాల ద్వారా సేకరించిన వేలాది యూనిట్ల రక్తాన్నికేవలం ప్రభుత్వ ఆసుపత్రులకు మాత్రమే ఉచితంగా అందచేసింది.

ప్రభుత్వ పరంగా 'వివేకభారతి' నేడి పరమ ఐషా ప్రతి ఫలాన్ని ఆశించలేదు. కేవలం కొండరు ఏత్తులు, సమాజ పొత్తాన్ని కాంక్షించే

విభిన్న వర్గాల వ్యక్తుల సహకారంతో 'వివేకభారతి' తన లక్ష్మీన్ని చేధిస్తూ సాగిపోతున్నది. కేవలం కాగితాల ఔనే సేవాకార్యక్రమాల చిట్టా విపురు, కాకిలెక్కలు చెబుతూ లక్షల రూపాయల ప్రభుత్వ ధనాన్ని కైంకర్యం చేస్తున్న కొన్ని స్వచ్ఛంద సేవా సంస్లప పనిశీరును దినపత్రికలు ఎండగడుతుండటం మనకందరికి తెలిసిన ఏషయమే.

అలాంటి సమయంలో ప్రభుత్వ సహయాన్ని అర్థించక, ఆశించక తను నమ్మిన సిద్ధాంతంతో తన నిర్దేశిత లక్ష్మిసాధనకై నిర్మిరామంగా శ్రమించి సాధించటం 'వివేకభారతి' కే చెల్లింది.

ఈ సంస్కరణ వ్యవస్థాపక అధ్యక్షుడు కె. సుందరమూర్తి మాట్లాడుతూ రక్తదానంపై సమాజంలో పలు అపోహలు నెలకొని ఉన్నాయని చెబుతూ విచారం వెలిబుచ్చారు. ఈ అవగాహనా రాహిత్యాన్ని తోలగించే దిశగా తమ సంస్కరణ పలు 'అవేరెనెన్ క్యాంపులు' నిర్యాహించిందని అన్నారు. పలు పారశాలలు, కాలేజీల విద్యార్థులనుండి రక్తాన్ని స్వచ్ఛంద రక్తదాన శిబిరాల ద్వారా సేకరించేందుకు కొన్ని యూజమాన్యాలు అనుమతి నివ్వటం లేదని వాపోయారు. విద్యార్థుల నుండి ఉచితంగా రక్తాన్ని సేకరించి అముకునే కొన్ని 'సేవా' సంస్లపకు అనుమతి నివ్వటం ఎంతవరకు సమంజసమని ఆయన సూటిగా ప్రశ్నించారు. కనీసం ప్రభుత్వపరమైన పలు శాఖలైనా ముందుకు వచ్చి ప్రభుత్వ ఆసుపత్రులకు తమ సంస్కర్యారా రక్తాన్ని అందించే రక్తపుకొరత సమయే ఉండదని అన్నారు. రక్తదానంపై సందేహాలకు లేదా రక్తదానం చేయడలచిన దాతలు సంప్రదించవలసిన చిరునామా :

కె.ఎస్.మూర్తి

వ్యవస్థాపక అధ్యక్షులు

వివేక భారతి

ఇ.నెం. 1-8-75, ఆర.క.సగర,

అల్ఫోల్, సికింద్రాబాద్.

ఫోన్ : 6320207, 6320208

CLASSIFIEDS

శుభవార్త !

జూట్టు కు నంబింధించిన
సమస్యల వల్ల బాధపడుతున్న ప్రిలు
& పురుషులకు చుండ్రు లేదా జూట్టు
రాలిపోవటం లేదా తెల్లజూట్టు లేదా
జూట్టు ఊడిపోవటం లాంటి ఏ రకమైన
జూట్టు సమస్యలు మీకు ఉన్నట్లయితే,
ఎలాంటి దుష్టభావాలు లేని
సహజసిద్ధమైన తైలం ద్వారా 100%
గ్ర్యారంబీళ్లో మీకు చికిత్స చేస్తాము.
చుండ్రుకు చికిత్స సమయం కేవలం
3 రోజులే. జూట్టు రాలిపోవటం
చికిత్సకు 15 రోజులు పడుతుంది. మీ
జూట్టు స్నితినిబట్టి మళ్ళీ జూట్టు
పెరగడానికి 90 నుండి 150 రోజులు
పడుతుంది. కాని మీ వయసు 41
విం.లోపు ఉండాలి. మీకు
అపాయింటమౌంట్ కావాలనుకుంటే
సంప్రదించండి.

ఫోన్ : 6638871,

మోబిల్ కు : 6638872

ఉంట్టుస్టి, ఎలర్లీ ప్యాథ్ములకు

ప్రత్యేక బికిన్సు

శీర్ఘ్రతాలంగా వట్టివేదున్నార్న ఉపసం (అస్త్ర)
మంఱయు దుష్టుల ధూతి (ద్వారా ఎలర్లీ) ఎ.సి.
బిన్సోటర్, మంచు, చరిగారి తల్లు కలుగుదగ్గ,
అయిసం జలుటు, తుమ్ములు, ఎట్లికూలులు,
కశం (గళ్లు) ఇసోఫ్స్టీలియా, అపోర నంబింధ
మైలు (పుడ్చి ఎలర్లీ) మొదర్లిన స్టోర్చిస్ (ఉండిర
తిత్తుల) నంబింధమైలు ఎలర్లీ ప్యాథ్ములతో
శీర్ఘ్రతాలం బాధపడుతూ ఎన్నో మందులు వాడి
నిరాశ చెందినపారు మూ అయ్యోద చికిత్స
ద్వారా మంచి ఫలితాలపు పొందండి. ప్రతినెల
తః క్రింది వ్యక్తిగములలో నిర్వహించు మూ
క్షూంపులందు ప్యాథ్ముల్లు
ఉదయం ఉమండి సాయంత్రం కిషరకు
సంప్రదించవలిసు.

ప్రతినెల శేఖరి

శ్రాద్ధరాబాద్ బ్యండావన్ లార్జీ.

ఆబడ్స్ సింకార్.

పుల్లురాష్ట్రీ స్టోర్చులక్షు.

ఫోన్: 3203970

పుగర్ ప్యాథ్ము టీటు అయ్యోద చికిత్స
డా. యిం.మ.వి. సమ్మూరాలాయి, స్టేషన్
అయ్యోద నిలయం

డిస్ట్రిక్ట్ నెం. 24-1-57.

సాంబమూర్తి రోడ్స్, బాహాబాల్,

మిశన్ బాహుదార్-3.

ఫోన్: 432709

అత్యాదునిక సాంకేతికతగల

సెంటర్ ఫీర్ కిడ్సీ డిస్ట్రిబ్యూషన్

సమాజంలో అన్ని వర్గాలకు అందుబట్టులో ఉండే తక్కువ వ్యయంతో నైద్య నంరక్షణకు ఎప్పారముగా గుర్తింపు పాందిన సెంటర్ ఈ అపోలో అమర్ పస్పటల్. రొగులకు స్నేహశ్శర్యకమైన సేవలు అందిస్తూ నగరంలోని కూడలి ప్రాంతంలో ఉన్న ఈ పస్పటల్ వ్యక్తిగతమైన ప్రపంచ స్థాయి నంరక్షణను అందించడానికి ప్రముఖ సైమిల్స్‌లు మరియు అధునాతసమైన సాధన సంపత్తిని కలిగివున్నారు. ఈ మళ్ళీ సైమిల్స్ లేచర్స్‌లు పస్పటల్ కిడ్సీ సంబంధ వ్యాధుల కేంద్రాన్ని ప్రారంభించినది. ఈ సెంటర్ ఇరై నాలుగు గంటలూ నైతిక విలువలు కలిగిన మరియు నమ్రగ్రహిని కిడ్సీ నంరక్షణ సేవలను అందిస్తుంది.

పూర్తి హంగులుకల సౌకర్యాలు

- ఎప్పోలో పూర్తి హంగులు కల ఫియెటర్, ఎండ్ & లాబరేషన్‌పిక్ యూరాలటి కరకు కర్ర-స్ట్రెచ్ ఎక్సిచర్మెంట్
- అధునాతసమైన టిస్సూనిక్ రివర్జ్ టిస్సూనిన ప్లాంటో ఇయాలనిన యూనిట్ మరియు ఎప్పోలోజిక్ కంక దాఫ్సర్టెచ్ నపా సాఫ్ట్‌స్టేచెప్టెచ్ ఇమెజింగ్
- ఎక్స్‌ప్రో-కార్బినయర్ పోక్ వెక్ రిఫ్రెలెవ్
- మళ్ళీ భాసర్ మానుకర్ మరియు సీమన్ వంతిరెట్టుక్ కూడిన మెడికల్ మరియు సర్కిల్ ఇంపెన్స్ శక్ర యూనిట్.
- శెబరెటర్ నర్సీసెన్

శుల్షుమ్మున్స్టైంట్ :

డా. మేల్లికార్ణున్ని సి. యం.యస్, యం.సిహెచ్

యూరాలజిస్ట్ మరియు ట్రాన్స్‌ఫ్లాంట్ సర్కున్

డా. యం. వెంకట్ శ్రేర్పాల్ యం.డి., డి.యం.

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అమెరికన్ దంతైవైద్యరాలు

ఆధునిక దంతవైద్యంలో అతిపెద్ద స్థాయిలో దేశంలో తెలిసారిగా కార్బోరెట్ స్థాయి దంతవైద్య సేవలు అందిస్తున్న అమెరికన్ దంతవైద్యాల వారు అత్యాధునిక దంతవైద్య పరికరాలతో, అత్యాన్నశ ప్రమాణాలతో సామాన్య మానవునికి ఔతం మెరుగైన దంతవైద్య సేవలు అందించడం ఒక ప్రత్యేకత.

అమెరికన్ డెంటల్ హస్పిటల్ ఇంప్లాంట్ దంతాల అమరిక మరియు అపరేషన్ ఫిమేటర్ సొకర్యాలను పురస్కరించుకుని అంధ్రప్రదేశ్ లోనే తెలిసారిగా అతితక్కువ వ్యయంతో... 50% డిస్కాంట్ తో అపరేషన్ ఔతం నిర్యాహిస్తున్నామని హస్పిటల్ చీఫ్ డాః ఆర్. రఘింద్రారెడ్డి తెలియజేశారు. ఎత్తు వంకర పట్టు ఉన్నవారికి సర్జరాలు, పట్టు లేని వారందరికి వయస్సుతో నిమిత్తం లేకుండా కట్టడు పట్టు కడుతున్నారు.

ఎత్తు, వంకరపట్టు సమస్యలతో బాధపడుతున్నవారికి శథవార్త : ఎత్తుచుట్టు శాపమనేది నిన్నటి మాట. నేడు అలా భావించనవసరంలేదు. ఎత్తు వంకర పట్టు వు... వారికోసం

పట్టులేని వారందరికి కట్టడుపట్టు : కట్టుడు పట్టు నిర్మించడానికి వయోపరిమిత లేకుండా అన్ని వయస్సుల వారికి ఈ సొకర్యాం కల్పించడం అమెరికన్ దంతవైద్యాల ప్రత్యేకత. కట్టుడుపట్టు నిర్మించడం వలన చేషంట్ అందవికారం కాకుండా మానసిక ఉల్లాసాన్ని పొందవచ్చు. బోసినవ్వులకు బదులు ఆహారమైన నవ్వును పొందవచ్చుము. పట్టు కదులుతున్న వారికి, పట్టు కట్టించుకొని అనంత్పురీతే ఉన్న వారికి, చాలాకాలంగా తీసిపెట్టుకొనే పట్టు సెట్టు వాడుతున్న వారికి, ఫిక్స్డ్ పట్టులేని వాల్టు, మరియు

కావాలనుకొన్నవారికి ఒకేటైపు నములుతున్నవారికి, లేపెస్ట్ ఇంప్లాంట్ ఫిక్స్డ్ టీక చెయించుకొనే వారికి ఈ సౌకర్యాలను కలుగుచేస్తున్నారు. వట్ట తీయటం వలన కట్టకు మరియు మిగిలిన పట్టకు సమస్యలు ఏవి ఉండవని అమెరికన్ దంతదైశాల బృందం పేషంట్లలో ఉన్న అపోహలను తెలిగిస్తున్నారు. రంగు మారిన, లేదా రంధ్రాలు పడిన, ఎరిగిన పట్టకు, లేపెస్ట్ పెక్కాలజీతో సహజ దంతాలుగా మార్పవచ్చు. పస్క్రీమ్స్, స్టైచ్స్, చల్లలీనిరు, చల్లలీగాలి తగిలినప్పుడు వట్ట జీవమని లగినట్లయితే అటువంటి వారికి కాస్ట్యూలిక్స్ ఫిల్ట్రింగ్స్ ద్వారా సరిచేయవచ్చు.

క్లిప్ ట్రీట్‌మెంట్ : 10 సం॥లు నుండి 45 సం॥లోపు వయస్సు వారికి ఎత్తు, వంకర పట్టకు వాడే క్లిప్పులు తీసి పెట్టుకున్నప్పుడు అనంత్యప్రిగా ఉన్నచే అత్యాధునిక ఫిక్స్డ్ క్లిప్ ట్రీట్‌మెంట్ లభించును.

దీర్ఘకాలికంగా చిగుళ్ళావాపుతో బాధపడుతునన వారికి అత్యాధుని ట్రీట్‌మెంట్ : చిగుళ్ళు, వాపులు, చిగుళ్ళనుండి రక్తం కారుట, నోటినుండి వచ్చే దుర్యాసన, పట్టమధ్య ఖాళీలు ఉన్నవారికి, ఖాళీలతో బాధపడుతున్న వారికి, అపోర వదార్థాలు పట్టమధ్య ఇరుక్కొనే సమస్యలు ఉన్నవారికి.

సిని, టీవి తారలు, మోడల్స్, చిజినెన్స్ మ్యాగ్నీట్స్, మరియు విపోలర్ మ్యూక్ ఎభాగం: అన్నిరకముల దంత రోగాలకు, అంతర్జాతీయ స్టోయిలో ప్రశ్నేక ఎభాగం ప్రారంభించబడింది. ప్రైవెసీతో కూడి చక్కటి అప్పోడకరమైన ఎభాగమునందు సమాజంలో నుర్తింపుపొందిన వ్యక్తులకు, సిని, టీవితారలకు మోడల్స్ కు, చిణినే మాగ్నీట్స్ కు, మరియు విపోలర్ మ్యూక్ ఎభాగంత అడ్యాన్వీడ్ పెక్కాలజీతో కూడిన దంతదైశాల సేవలు లభ్యమోతాయి.

అపాయింట్‌మెంట్ పాండగోరు వారు 040-3738888, 3735040 భాన్ సెంబర్లనందు సంప్రదించగలరు.

అమెరికన్ దంతైషైధ్యశాల

చర్చావ్ ప్రక్కన, అమురోప్ప, హైదరాబాదు-73.

ఫోన్స్ : (040) 3735040, 3738888

రక్తదానం చేయండి !

ప్రాణాలు కాపాడండి !

సాటి మనిషి ప్రాణాలు కాపాడటం కంటే ఉత్సవమైన కార్యం మరోకటి లేదని సనాతన శైందవేతిహసాలు, వేదోపనిషత్తులు ఉద్గోపిస్తున్నాయి. అలాంటి మహాత్మర అవకాశాన్ని స్వచ్ఛంద రక్తదానాన్ని చేయటం ద్వారా ప్రతి ఒక్కరూ పొందవచ్చు.

ప్రసవ సమయం, అబార్దన్న, అగ్నిప్రమాదాలు, రోడ్జు ప్రమాదాలు, కిణ్ణి మార్పిడి, పలువిధాలైన శస్త్ర చికిత్సలు ఇంకా ఆసంఖ్యాకమైన కారణాల వలన జంట నగరాలలోని ప్రభుత్వాలు, ప్రభుత్వేతర ఆసుపత్రులలో వేలాది యూనిట్లు అమృతమైన మానవ రక్తం అవసరం అవుతున్నది. ఈ అవసరాన్ని ఆధిగమించే స్థాయిలో రక్తం అందుబాటులో లేక పోవటం విచారకర పరిమాణం.

ఈ నేపథ్యంలో అమృతమైన సాటి మనిషి ప్రాణాలు కాపాడేందుకు ఉద్యమించాల్సిన తరుణం ఆసన్నమైంది. స్వచ్ఛందంగా రక్తదానం చేయటం వలన చురుకుదనం, ఉత్సాహం, ఆరోగ్యం, సాటి మనిషి ప్రాణాలు కాపాడిన మానసిక ఆనందం మీ స్వంతం అవుతాయి. 25,000 రూపాయల ప్రమాద బీమా పథకాన్ని స్వచ్ఛంద రక్తదాతలకు ప్రవేశ పెట్టి తన ప్రజా సంజ్ఞేవు దృష్టిని చాటుకుండి ఆంధ్రప్రదేశ్ రాత్రు ప్రభుత్వం.

రంది! స్వచ్ఛదంగా రక్తదానం చేయండి. ఏలుపైన ప్రాణాల్ని కాపాడండి.

అభినందనలతో
కె.యస్. మూర్తి

వ్యవస్తావక అధ్యక్షులు

ప్రవేశభారత

స్వచ్ఛంద సేవా సంప్రస్త.